From Blueprints...

...To Footprints

2009-2010

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Regis University

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Vol. 94

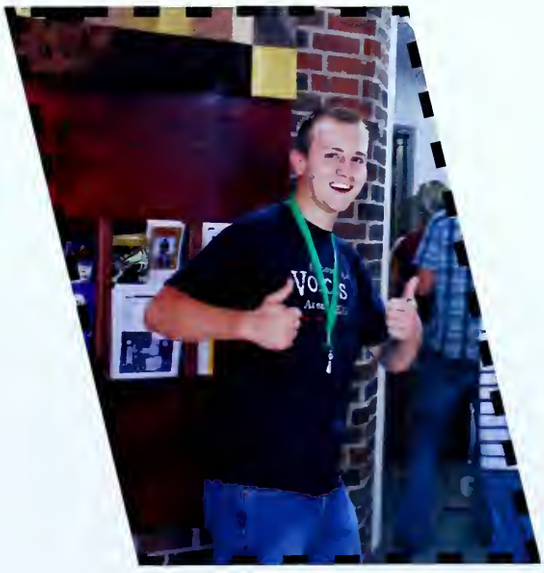
From Blueprints...

Student Life 4-39

...To Footprints

The Ranger Yearbook Staff is delighted to share with the Regis community this year's book, "From Blueprints to Footprints." This theme symbolizes the structure Regis provides through all aspects of learning. The academic curriculum is the basis of the students' blueprints and the foundation they build upon while here at Regis. The fine details that come into play include the clubs you joined, the sporting events you rallied at in the crowd, or any other memories established on campus. Regis students have had the opportunity to grow as individuals through their roles in leadership and volunteerism. All students among the Regis community will leave their footprints on the blueprint Regis has outlined for them. As the editor I will treasure the opportunities and challenges that I have had to face here at Regis. I have learned so much from this community and I appreciate like many students the lessons learned and the memories made with our peers. I have become a better leader and as a senior I will miss creating a lasting memory for the Regis community. Regis students make a difference in this world and touch many people's lives. The yearbook staff has been thrilled to serve you Regis and we hope you enjoy this year's edition... "From Blueprints to Footprints."

A Blueprint For Experience



STUDENT LIFE

1. Caitlin Oken & Meg Schumacher enthusiastically greet each other on move in day.
2. Kate Peterson & Alexandra Roacho take a break from unpacking for their first picture as roommates.
3. A student carries a box full of his belongings to his new room.
4. Tim Lewis & Grant Robbins launch water balloons to earn their next clue in a scavenger hunt.
5. Regie Hamm writes lyrics on the spot about incoming freshman. "I'm a freshman. I'm a freshman if I graduate it'll be a miracle of God. I'm going to put on weight and fall in love."
6. Eli Lane and friends gather in the quad for a romantic night with his "female friends."
7. Sophomores Jenni Webb-Shearston, Melissa Jolly, Crystina Anderson & Yvonne Cuaycong get to know each other during the dance on the Quad.
8. Caitlin Birge and Liz Quaid walk down the hall they now call home.

Orientation & Convocation

The Class of 2013 is welcomed to Regis by Dean Paul Ewald.

Freshmen proceed toward the chapel as they are welcomed into the Regis community by Regis professors.

August 20th, 2009 marked the beginning of a new chapter in the lives of the Freshmen class of 2013. On this day students moved into their dorm rooms which they would call home for the school year. Students excitedly met their new roommates and got to know their neighbors. After unpacking and settling into their new rooms, they attended various planned activities to help them get acquainted with the Regis community. They had barbecues on the quad and met with Regis President Father Sheeran. Students participated in a treasure hunt to help them become familiar with the campus while having a blast launching water balloons, answering trivia questions, climbing the rock wall in the fitness center, and participating in a dance off. After getting settled into their new classes, students participated in Regis' long standing tradition of Freshmen Convocation. They heard motivational speeches by their professors and were officially welcomed into the Regis community.

The class of 2013 lines up for the procession into the chapel for Freshman Convocation.

1. Talisa Puentes bows her head in prayer.
2. Psychology professors Dr. Rebecca Betjemann and Dr. Mark Basham listen attentively to the Regis choir alongside their administrative assistant Lisa Hamilton.
3. Molly Higgins takes a moment for reflection.
4. Regis' Loretto Heights School of Nursing instructor, Traci Snedden, receives communion.
5. Students of the International Ballet School, lead the entrance procession.
6. Craig Hale & Grace Brock sing the song "The Prayer."
7. Regis President Father Michael Sheeran serves communion.
8. Father Dan Daly addresses the Regis community during his homily.

Mass of the Holy Spirit

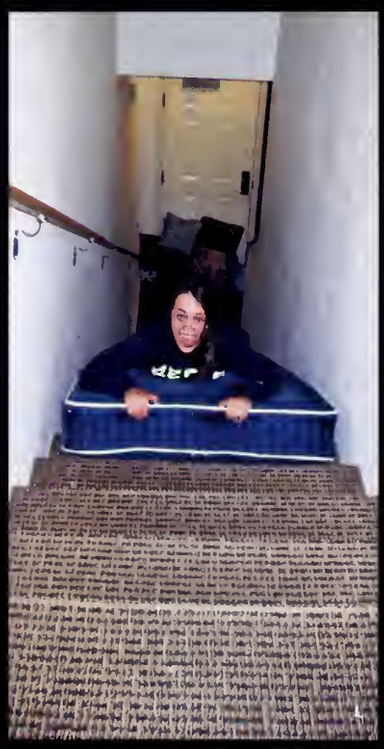
The Jesuits gather for the Mass of the Holy Spirit

Members of Regis' choir raise their voices in praise creating a joyous atmosphere for the Regis community.

On the morning of September 17th, 2009, students were excused from classes for a special gathering in the Saint John Francis Regis Chapel. The Mass of the Holy Spirit is a tradition at Regis in which students and faculty members come together to set the tone for the school year ahead. Students, faculty, and community members of all backgrounds and faiths come together in celebration of the Holy Spirit within us. Those in attendance are offered an opportunity to ask the Holy Spirit to fill them with love and wisdom to guide them through everyday. Father Michael Sheeran presided over the mass, while Father Dan Daly gave an inspiring homily. The tone of the mass was further enhanced by the harmonious voices of the Regis choir.

Regis students, faculty, and community members assemble for the much anticipated Mass of the Holy Spirit in the magnificent St. John Francis Regis Chapel.

1. DeSmet students enjoy milk and cookies while talking to Regis president. Father Sheeran.
2. A student hangs out in the lounge of DeSmet Hall.
3. Rany Al-Bochi Mazie & Ralph Lacapra dance around the lounge.
4. In much need of a study break, Amanda Isenbart takes a ride down the stairs on her mattress.
5. "Time to rise and shine!" Early mornings on campus consist of bed head and coffee.
6. Austin Fite & Danny Fleming play video games.
7. Kristin Crocker, Becky Rosendale & Katie Knez enjoy goodies provided by their RA.
8. A student works at his desk in O'Connell Hall.



Student Housing

Connor Grealish playing video games after class.

Two students embrace in the hall of O'Connell.

During their first year at Regis, Freshmen enjoy living with their peers in DeSmet and O'Connell Halls. Freshmen students in the Magis program and some upperclassmen reside in West Hall, while other upperclassmen call the Residence or Ignatian Villages home. No matter where a student lives, the on campus housing provides the ideal environment for students. Not only do the halls offer students a place to study and sleep, but they help students maintain their sanity. Students create many memories in the halls as they form everlasting bonds with their neighbors. With so many students in such close quarters, the opportunities for entertainment are endless. Whether staying up late in the lounge playing video games, or having late night dance parties, students know how to keep themselves entertained.

A group of townhouse girls get together for a girls' night, complete with chocolate and facials, hosted by their fabulous RA Angela Mendez.

1. A student and his parents take time to catch up.
2. Barbecuing for hungry families after the PT fundraiser.
3. Eli Lane treats his parents to lunch in the grill.
4. One student takes advantage of her parents presence on campus to stock up on groceries.
5. Gabriel Gallegos & Ann Stumpf get ready for the PT fun run.
6. Kyle Farrell hangs out with his family in his room.
7. The Anderson Family
8. Stasic Markgraf sits with his dad in the grill.

Family Weekend

Martin McEntee and his family spend time together in his room.

A PT student helps to serve lunch after the fun run.

After one month of being at Regis, students invited their families on campus for many fun activities. In many cases, this weekend brought parents together with their students after being apart for a month. Students were able to show their families how a typical day went for them. Students brought their families to classes and fed them cafeteria food. They also gave their parents a taste of the fun activities they attend each week. Students and their families went to Thursday Thrills where they watched the Mentalist float tables in the air. Keeping with the Jesuit tradition of being in service of others, they participated in the 7th annual physical therapy fun run/walk and barbecue to raise money for the Argyle Senior Center. They also participated in the 12th annual Casino Night which raised money for the Tinansa service project.

Ralph Lacapra and his family enjoy Regis' beautiful campus.

1. Adam Barajas winds up for a revenge attack.
2. Physical Therapy students take on the Denver Harlequins during a game of wheelchair rugby.
3. Two students pelt their friends with snowballs.
4. Mad Chad entertains students by juggling running chainsaws.
5. Students have a great time playing in the snow that closed the campus.
6. Mad Chad climbs onto his unicycle with the assistance of Dave & Paul.
7. Morgan Taylor, Erin Flynn, Erin Dybus & Evelyn Pierrepont play around in wheelchairs after the wheelchair rugby game.
8. Meg Schumacher balances on a ball while Sammy Krebsbach stands on the entertainers shoulders and plays with a Chinese yo-yo.

Thursday Thrills

Brandon Blessing, Lindiay Whitehurst & Carlo Ritichl grill burgers for snowball fight participants after Regis' first major snow.

Mead Chad slices a carrot placed in Natalie's mouth with a sharp knife during a dangerous stunt.

Each week various student organizations host Thursday Thrills with the support of the student activities staff. Every Thursday night students gather in the student center. During this time students have a chance to unwind from a stressful week and have fun with friends. The student activities team brings in comedians and other entertainers like the talented Trace Bundy. Students also enjoyed stupid college tricks and going laser-tagging. In addition to these entertaining events, students also partake in many educational thrills events like watching the Denver Harlequins wheelchair rugby team take on the Regis physical therapy students and learning about the invisible children in Uganda. Whether it is a simple winter barbecue and a snowball fight, or a crazy chainsaw juggling show students are sure to have a great time. Thursday Thrills gives students something to look forward to and is a healthy way to kick off their weekend.

The Denver Harlequins show off their skills as they play a game of rugby.

1. Katie Chu & Morgan Nitta
2. Students have fun putting on war paint in preparation for the upcoming team activities.
3. Nicole, Bee & Andrea having a great time getting to know each other better.
4. Students enjoy a beautiful sunrise, which goes along with the "Starting Now" theme.
5. Students have small group discussions over breakfast.
6. A group of freshmen take time to bond with one another during ice breaker games.
7. Students enjoy a delicious breakfast before continuing the activities.
8. Nicole Haberkorn & Chris Ghincea lead the freshmen during the relaxing weekend.

Starting Now Retreat

Freshmen enjoy their time away from school.

Small Group "Boot camp" with their leader Brandon Blessing

On the weekend of October 23rd, freshmen students were invited to a camp in Bailey, Colorado for the "Starting Now Retreat." The retreat symbolized the start of a great adventure at Regis. The weekend offered students a chance to become more familiar with the University Ministry staff and other freshmen students. Students started the weekend with ice breakers and trust building activities, allowing them to bond with one another. They also spent a lot of time in prayer and attended Mass. Participants had many small group times during which they discussed thought provoking questions. They also took time to unwind from the stresses of school by playing basketball and ping-pong in the gym.

All of the "Starting Now" participants and leaders take a group picture to remember their amazing time spent together.

1. Rose Aspholm curled up on the bed to catch up on some reading.
2. Aimee Schmechtig took pictures of the beautiful mountain scenery, a favorite pastime.
3. Josh Oakland relaxed in bed.
4. Kathryn Brisnehan caught up on some work.
5. Amy Lytle lit candles in preparation for a relaxing dinner.
6. Morgan Nitta settled right into a comfy couch upon arrival.
7. Connor Stanley built a fire, adding to the cozy atmosphere.
8. Keshia Cullens listened to music while sitting on the porch.

Relaxation Retreat

[illegible] on a tree swing a[illegible] way to unwind from the[illegible]ssful school work.

Students worked together to make dinner for all of the retreat participants.

As college students we all have had to deal with constant stress. The relaxation retreat provided students with an opportunity to escape to the refuge of a house in Divide, Colorado for a well deserved break. There were not any scheduled agendas for students. Participants merely showed up and did what they needed to do to relax. Some students went for walks around the property, exploring abandoned barns, others stayed in and read by the fire. They also played games and made s'mores. In between getting a little homework done, students took several long naps. They also had plenty of opportunities for reflection and quiet time. Whether students just needed to catch up on sleep or needed a reason to get off campus, all of the retreat participants got what they needed and came home relaxed.

Kacey McCaslin, Kathryn Brisnehan & Rose Aspholm shared some laughs over lunch.

1. Freshman Megan Welz helps to remove leaves during Regis' community clean up.
2. Tuyen offers candy to Batman.
3. Kelsey Schmidt participates in Regis' community clean up day.
4. Gina Graziano helps children celebrate Halloween by painting their faces.
5. Freshman Amanda Derby shovels leaves into trash bags.
6. MaryAnna Henggeler paints a little boy's face during the safe trick or treat event.
7. Senior Andrea Minhas hands out candy to trick-or-treaters on behalf of RUSGA.
8. Freshman Jenise Huges sweeps the alleyways surrounding Regis.

Community Service

Cullen Arnold represents University Ministry at trick-or-treat street.

Jessica Baca removes glass shards from an alleyway in an effort to keep the surrounding Regis community clean.

Consistent with the Jesuit Mission, Regis students are men and women in service of others. Students have a variety of opportunities to serve the community. In the fall, students participate in the community clean-up day. Students swept and removed litter from the alleyways surrounding Regis. They raked leaves for the elderly and painted fences to cover up graffiti. In addition to making the surrounding neighborhood a cleaner place to live, students strengthened the Regis community. The day before Halloween, Regis invited families onto campus for a safe trick-or-treating day. Many departments throughout the Regis campus decorated their offices and handed out candy to hundreds of children, providing a fun and safe environment to celebrate Halloween. At the end of November, students took time to wrap presents for families in need at the Father Woody wrap party. These events are only a few examples of the ways in which students serve the community.

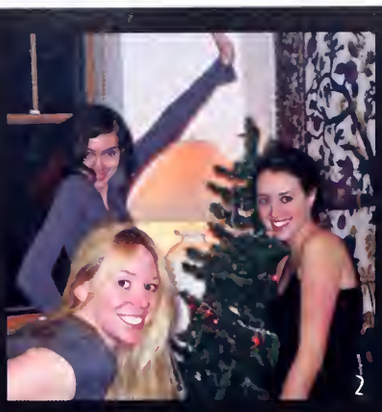
Mary Beth Navo, James Estes, & Stasie Markgraf hand out candy to neighborhood kids outside O'Connell Hall.

1. Breanna Kendrick, Jenise Hughes and Megan Welz had a great time at Cirque Du Soleil.
2. Students paddle hard to keep up with the intense rapids in Glenwood Springs.
3. Kelly Wente & Claire Murray at 'Wicked'
4. Students got drenched by the freezing cold rapids.
5. Justin Costello, David White & Courtney Olson anxiously wait to jump onto the rafts.
6. Students take a ride down the Colorado River.
7. Students enjoy an exciting Avalanche game.
8. Megan Welz & Kelly Wente got dressed up to go to see 'Wicked'.

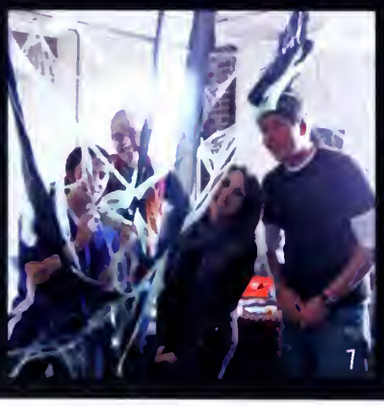
Best of Colorado

Making the transition from high school into college can be tough for students, but Best of Colorado made it easier for 70 students. Freshmen were invited to join BOC for fun filled weekend activities. These events allowed freshmen to become more familiar with life in Colorado in addition to getting to know each other and to become more involved in the Regis community. This year students had the opportunity to attend Rockies, Nuggets and Avalanche games. They raced each other at the go-kart track and took on the rapids in Glenwood Springs. Students went to see the live Broadway performance of 'Wicked' and the talented acrobatic acts at Cirque Du Soleil. BOC members also visited 'Jump Street', an indoor trampoline park, to release some pent up energy. All of these activities helped students adjust to college life while having fun.

Students don their life jackets in preparation for a fun-filled rafting trip.



1. Anne FLower. Lyndiay Whitehurst. Margaret Farr. Meggie Lawion. & Tracy Goettich gaurd their booty.
2. Katie Hooten. Angela Mercier. & Amanda Isenbart show off their Christmas tree.
3. Freshmen Dave White. Garett Carrica & Justine Costello hand out candy in front of DeSmet Hall.
4. Eric Lindeman enjoys Sodexo's festive desserts.
5. Cassandra Gerving looks at Christmas lights.
6. Molly Sullivan & Andrea Villamar paint Christmas ornaments.
7. Michelle Bryan. Rose Aspholm. Ted Lynch & Cullen Arnold enjoy the Halloween decorations in the office of University Ministry.
8. Costume contestants security guard Neal Collins & University Services' Danel Segura-Ford.



Holidays

Biology work study students Briana Sanelli, Alysse Rivera, Ashley Marrapodi, Talisa Puentes & Lena Hoff hand out candy.

A group of mimes compete in the Halloween costume contest.

Holidays are always fun to celebrate on campus. Many campus offices are decorated in anticipation of Halloween and Christmas. On Halloween, students dress up for a costume contest and handout candy to neighborhood kids. Sodexo provides a themed lunch for Halloween and a Thanksgiving feast before students go home to celebrate with their families. In December, the large tree on the quad is lit with colorful lights to help bring Christmas cheer to the Regis community. Students attend Lights, Lessons, and Carols for a night of festive Christmas carols to kick of the Christmas season. Celebrating holidays on campus unites us into one Regis family.

Where's Waldo? This group of Physical Therapy students won first place in the Halloween costume contest.

1. Meggie Lawson sings the solo that helped her win the title of Ice Queen, but is interrupted by Kanye West (security guard Neil) with a speech about Beyoncé having "one of the best videos of all time."
2. Students have a great time playing snow bingo.
3. Carlee Taga sings a song about 'Taylor the Latte boy' for her talent in the Ice Queen competition.
4. Cynthia Miranda dances with her date at the Snow Ball.
5. Michelle Bryan uses many obscure words in sentences in her hilarious Ice Queen talent act.
6. Melanie Wittenborn dances to a variety of songs during the ice queen competition.
7. A student dances with her date.
8. Gina Graziano is covered in paint after painting a picture of Main Hall using only her nose.

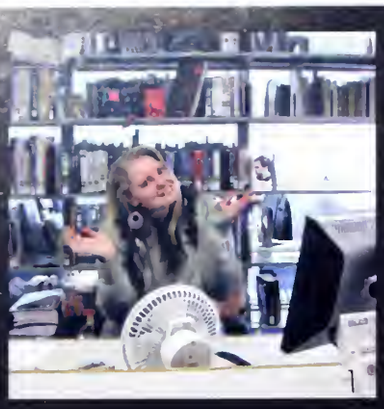
Snow Week

Andrea Minhas & Cristina Chacon have a great time at the snowball

McTaggart. Kay
and Izzy Mand
get dressed up and
party

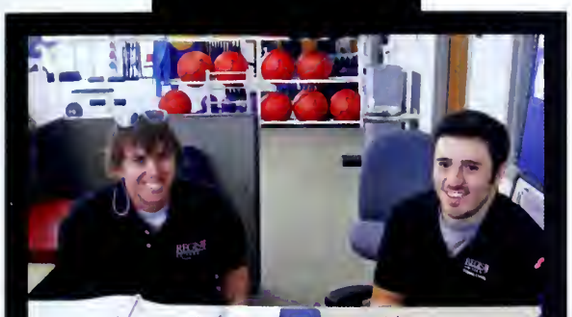
As first semester draws to an end, students celebrate with Snow Week. The week's events included a chili cook off. Students also enjoyed playing snow bingo for awesome gift certificates, a stereo, and a giant stuffed dog. The next evening, students were entertained by Regis' Ice Queen competition. The contestants competed to paint the best picture of Main Hall using only their noses. Each contestant also showed off their individual talents. Whether these talents were singing or howling like a dog, they were all hilarious. The night ended with the crowning of Meggie Lawson as the 2009 Regis Ice Queen. All of these activities led up to the much anticipated Snow Ball dance at the Denver Athletic Club. Students dressed up and made their way downtown for a high energy night of dancing.

Gus Maxwell crowd surfs during the last dance at a very successful snow ball.



1. Sami Setter waits for students to check out books at the library.
2. Vince Bustos and Stephen Todesco promote the personal weight training program in the fitness center.
3. Freshman Megan Welz works on her homework while working in Student Activities.
4. Carolyn Nguyen updates the calendar in the Ranger Grille.
5. Sarah Magill works on homework, while getting paid.
6. Eli Lane waits for a job to do in the Office of Student Activities.
7. Tracy Kunzweiler and Ariel Wooldridge answer phones in the Residence Life office.
8. Junior Heather Sedbrook assists the staff in Career Services.

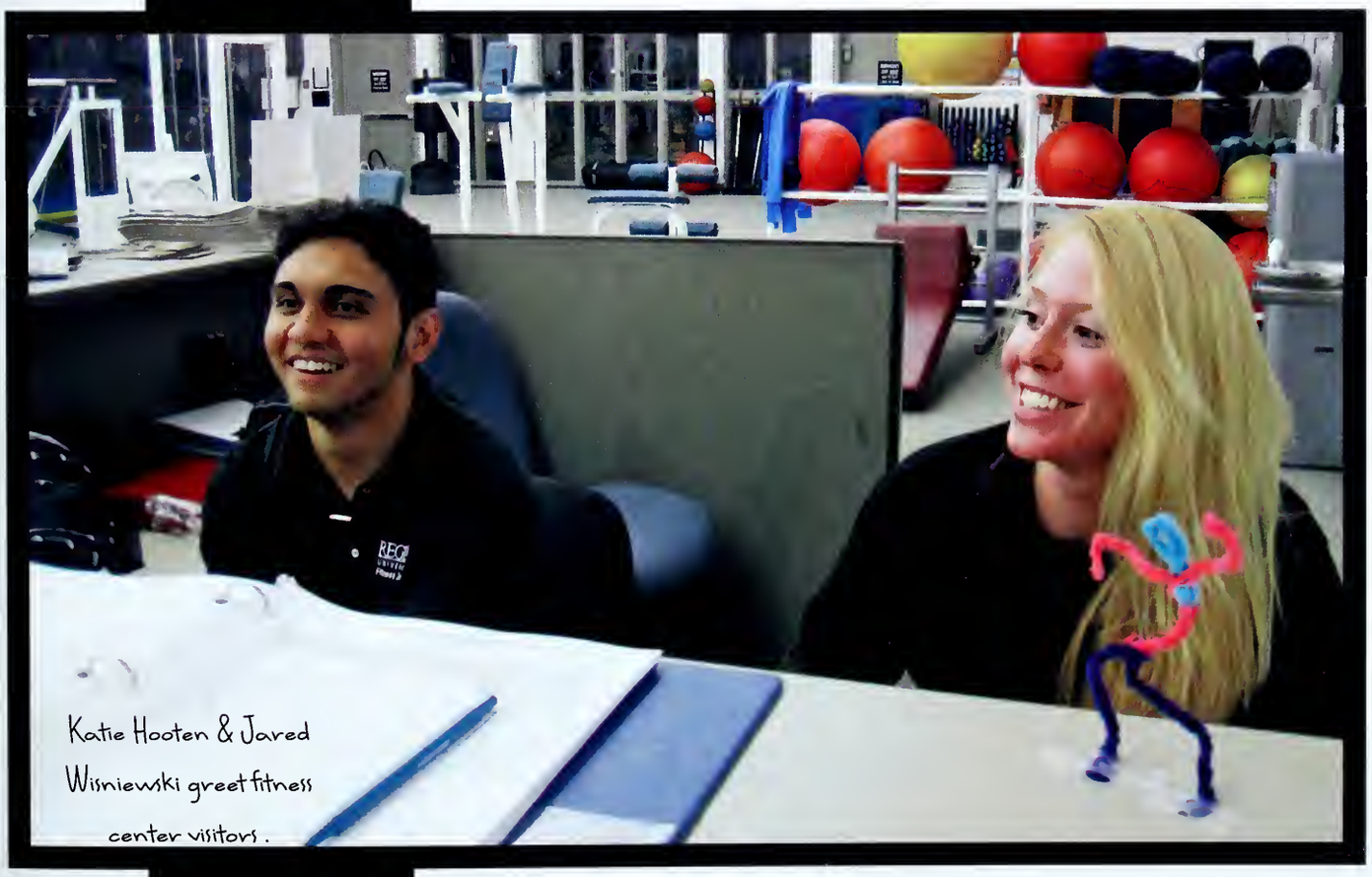
Work Study



Michael Johns and Anthony Musielak check students into the fitness center.

Anne Reinking works with Dan Van Der Vieren in the leadership office.

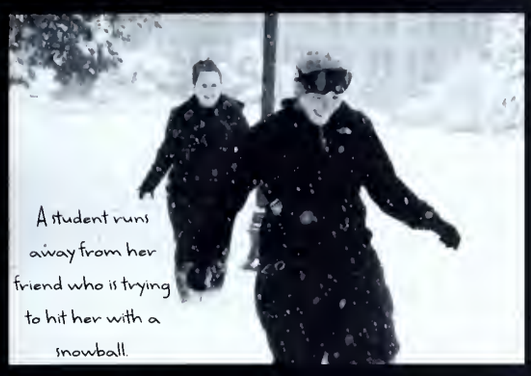
Work-study gives students the opportunity to make some cash while allowing them to keep up with their classwork. Paying for tuition and funding shopping trips can be very stressful on students, but with the help of a work-study paycheck, students can focus on doing well in their classes instead. Many students take work-study to heart and work on their class work while working in an office and getting paid. Students can work in various offices assisting Regis faculty and staff. Student tasks vary by office. Whether checking students into the fitness center, shelving books in the library, answering phones, or delivering mail, students do a great job.



Katie Hooten & Jared Wisniewski greet fitness center visitors.

1. A student falls in the snow.
2. A student gets pelted with snowballs.
3. A student enjoys hot cocoa in the snow.
4. Erica Lieber & Nicole Cochran hanging out on the quad.
5. Two guys throw snowballs at their friends.
6. A student gets wrestled to the ground.
7. Chelsea Coalwell plays football on the quad.
8. A student passes a football in the middle of a snowstorm.

Quad Life



A student runs away from her friend who is trying to hit her with a snowball.

Students play a game of football on the quad.

At the heart of the Regis campus lies the quad. Surrounded by numerous trees and all the campus buildings, the quad is a great meeting place for everyone to hang out. No matter the time of the year, students can always be seen spending time here. Students play Frisbee with their dogs and football with their friends. The quad is a great place to meet new people and catch up with friends. On sunny days many students choose to eat and study outside on the grass. While sitting on the quad students are entertained by the campus radio station's music. Whether there is a campus wide snowball fight, or a barbecue, students love spending time on the quad.

Students have a great time with their friends on the quad.

1. Snowmobiling in Rockey Mountain National Park.
2. A group of students enjoy a weekend in Vail.
3. Kelly Rawlins gives Amanda Isenbart a hug but is surprised with a snowball to the head.
4. A couple of students skiing in Vail.
5. Jess Baca, Janey Bruno, Dulcie Axworthy, Tracy Goettsch & Justine Bufmack enjoy a night out on the town.
6. Colorado's mountains serve as a beautiful backdrop for families to go horseback riding.
7. Angela Mercier dances as the snow falls around her.
8. Nicholas Glueckler & Peter Forester hang out in the fresh mountain air.

Life in Colorado

Justine Buffmack & Dulcie Axworthy make a pit-stop along the road to Estes Park to eat snowflakes.

Noe Neal & Tye Delaney go clubbing downtown

Colorado has much to offer its residents. The beautiful Rocky Mountains provide a wonderful place to hike in the summer and many resorts for skiing and snowboarding in the winter. Life in Colorado is full of excitement. The weather has its very own personality. You can get a sunburn one weekend and the next there will be snow on the ground. Downtown Denver is also a great source of fun. Just a 10 minute drive from Regis, students can find all the clubs and restaurants they need to plan a memorable night out. Denver has a dynamic local music scene that will spark an interest in music enthusiasts of all types. Whether you enjoy the sporty action of the mountains or the vibrant city life, there is something for you in Colorado.

A group of students dine out at BJ's in Boulder.

Human Interest

Father Michael Sheeran has worked at Regis for nearly 35 years. He started out as a faculty member and worked his way up to being the president. Fr. Sheeran has dedicated much of his life to Regis University. On a typical day he will come into work at 8:30 am and work as late as 11pm. Although he doesn't get much sleep, Fr. Sheeran loves being a part of the Regis community. "This is where I can be a Jesuit and if you can spend 35 years at a place and have people really glad to be here and seeing this as a place where they are fulfilling their vocations, that's a good feeling." Fr. Sheeran has many fond memories of working at Regis, but one of the best was meeting President Bill Clinton and Pope John Paul II. Fr. Sheeran recalled the many changes made in the University throughout the years he has spent here: "The academic standards are so much higher and the faculty credentials are so much stronger, but also there has been this long period of hiring people for the mission. They have to be committed to seeing the lights come on in kids' eyes and getting a kick out of that rather than for getting an award for research. They have to remain current but the key thing for us is are they good teachers." Fr. Sheeran has enjoyed watching the university grow and hopes "the atmosphere that [he is] so proud of, of people finding God by serving their neighbor, will easily continue here for years and years." And as always Fr. Sheeran wants to remind us, "If you have an education you have an obligation. And the obligation is to use your talent to make it a better world." Fr. Sheeran has definitely lived by this philosophy, as he is a very successful and inspiring man who has made a difference in all of our lives.

Bridget Biller works in the writing center alongside many writing consultants. Bridget is dedicated to her job and Regis students. "If a student comes in, I stop. It might be an emergency. Their paper might be due. I never know when I'm going to lunch." If you ask her consultants they will tell you Bridget is "their second mom." She loves to go in back and "find out what's going on in everybody's life. They tell me a lot. I'll never tell anything they've said. I think they need a person to relieve them. It's like confession. I try to make them feel better." Bridget loves Regis and could not imagine working anywhere else. "I could go somewhere else and make more money. I don't know what it is. It's got a hold on you. It's the people. The ladies in the dean's office, my boss, the faculty. You can't help but admire them. I respect them. You don't get that at a regular job working at a company. You are in an atmosphere of learning, and that's why we are here, to learn until we die. Every paper I read, I learn. I've got psychology, neuroscience, religious studies, communications, sociology, and English papers. Neuroscience is not my major, but I learn. We have fun. That's what makes me come back. I look at my clock and, my God, it seems like I just got here and its 3 o'clock. It's probably the greatest work environment you can have." Bridget wants to remind students "time changes, people don't." Although something seems like a big deal now, you will get through it and it won't even matter in ten years.

Dave Law has worked at Regis for 13 years. He is currently the Director of Student Activities and is one of the people responsible for all the awesome events which take place on campus. Dave puts in a lot of hours at Regis but to him "it's not a job, it's more a labor of love." He enjoys all the variety in each workday and working with a team to "plan something like the new pub and watching it happen." His dedication to the Regis community and his high energy has made Regis a great place to be. Dave worked at four schools prior to Regis, but he keeps coming back because he loves the Regis community and enjoys "watching the university mature." Dave said that not only has the campus become more physically beautiful, adding to its peacefulness, but the community has grown stronger. While there have been many changes at Regis, Dave notes that there is a steadiness about it: "Regis continues to be a student focused institution which is positively influencing students' lives."

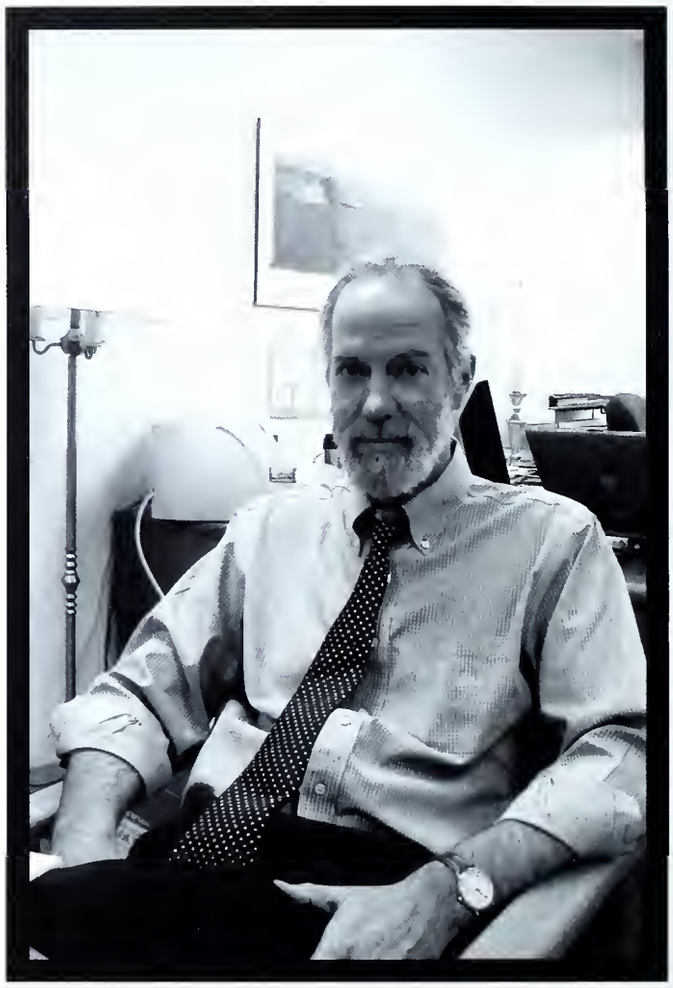
Pete Rogers Although Pete has worked at Regis for less than two years, he has proven to be a great addition to the Regis community. He typically puts in 10 to 12 hours at work each day but according to Pete, he does not mind. "It's the nature of the beast, students can meet at night and if I have to get a lot of stuff done in the morning, well I have to be here in the morning. If there is a meeting called at 9 o'clock in the morning, I have to be there. I don't mind that. Every day is different." Pete has spent many years at other universities, but loves Regis for many reasons. "The commitment to the formation in mission spirituality for all professional people on this campus is something extraordinary. It's something Regis does better than any I have seen in the country. They are really dedicated to helping professional staff here to understand who St. Ignatius was and how that spiritual vision can be an important dimension of living. Totally impressive." As Pete has learned throughout his years working at various universities everyone needs to "breathe, take some time to contemplate your life, and really be conscious about the choices that you make. It will lead to a more balanced life here and a richer life in the future."

Diane Cooper has worked at Regis for 15 years. She started out as the Assistant Director of Campus Life and is now the Dean of Students. She is in charge of a wide variety of offices serving students including everything from Disability Services to Student Activities and the Fitness Center. She loves her job here at Regis because the "people, staff, and students are amazing" and she feels "honored and privileged to work here." In her own words Diane describes why she loves Regis so much: "People here believe in the mission of this institution and each other. It provides an environment both encouraging and enriching and academically challenging." As Regis impacts all of our lives, it has had the same effect on Diane. Regis "gave me opportunities I've never dreamed about. I've been mentored and supported in so many ways. It's been a remarkable experience." Diane offered inspiring words to students to remind them, "It's not about your GPA. It's how you take the gift of the private school education and use your God given gifts to positively effect the community in which you choose to live and the world around you. The reality is, everybody has the opportunity to do amazing things." Diane never would have thought she would be where she is today, but with hard work and the support of the Regis community she has become a very inspiring and successful woman.

Famous Faces

Dr. Paul Ewald

Upon being asked what a typical day looks like for him, Dr. Ewald pulled out his calendar and laughed saying, "One of the things that is interesting about the job is that there aren't very many typical days." He has many responsibilities including attending meetings with each department head to discuss future classes. "These are economically challenging times for students and their families, as well as for colleges and universities. We all have to very carefully reexamine and rethink whether what we are doing is the best way to do it. We always want to do more and do better; it's what the idea of the Magis is about." Dr. Ewald, "I went to a Jesuit high school and a Jesuit university and then worked at some independent colleges and universities." As the Jesuit tradition has had a positive impact on our lives, it has had an equal effect on Dr. Ewald. "It's a small enough place so that it can be very impactful on all of our lives. It's the fourth university I've worked at and it probably has the highest morale faculty. The faculty and staff enjoy being here at Regis and it is evident in their high morale. Dr. Ewald offered words of wisdom to Regis students: "We don't always appreciate it until afterwards, that you had four years or sometimes more, at a time and a place where it is a lot of work but it's also a luxury just being able to apply your strengths and skills and improve them and think about the future. Work hard and make it worth your while, and worth your parents' while. But at the same time there is a lot of personal growth that goes on that happens outside of the classroom. And that's a big part of being here too. So get the most out of that because it doesn't last forever."



Donna Mills is one of the faces on campus that everybody knows and loves. Donna has worked at Regis for 35 years, and has been a part of the Regis community since she was a teenager. As a teenager, Donna lived near campus, and went to mass at the chapel with her mom weekly. Before taking up her post in the cafeteria she worked at the Snack Bar, what we now call the Grille, for 28 years as a grill cook. When asked what has kept her here this long, Donna replied: "I like working with kids. I love the campus and I know a lot of faculty and staff members. I like my co-workers, they are really good people." Donna also loves the campus. "The campus is so beautiful and green, it makes me feel like God is really here." Throughout her 35 years at Regis, Donna has been a campus favorite because of her sweet demeanor and her friendly face.

Janet Lee attended Regis and was the third graduating class of females. "I was a very shy, reclusive student. There were two different classes, a German class and a math class, in which I was the only female student."

After graduating from Regis with an English degree, Janet joined the Peace Corps. As many students can relate, Janet needed a break after graduation. "When I finished Regis, I was burned out and I wasn't ready for grad school, and I was also broke. Tuition for me was $1,500 a year. I made a dollar an hour in salary. I had no money. I had $3,000 in student loans, which to me at the time was astronomical. Joining the Peace Corps was one of those dreams that I always had and is also deferred my student loans for two years." Janet spent her first two years after graduation living in a village in Ethiopia as a Peace Corps volunteer.

She has worked at Regis for the past 28 years as the Technical Services Librarian. "I think that what has kept me here has been some of the flexibility in the mission." As a result of this flexibility, Janet has been able to continue her work in Ethiopia. "That stuff is what is keeping me focused, because as important as paying invoices in a timely manner is and making sure I negotiate the best deals for the databases, this keeps you grounded. This is real life."

She has gone back to Ethiopia twice since her first experience while in the Peace Corps. "The first time I went back was in 2006. I went with the Rueckert-Hartman College of Health Professions and went to an area that was among the tribal group that I had lived with." After returning from this trip, Janet became involved with the organization Ethiopia Reads. "I started volunteering with them in 2007. I raised enough money to build a library in Ethiopia. Janet continues to work with three of the volunteers she met to build more libraries in Ethiopia. They plan to build another library in the summer of 2010. She has been working hard to collect books for the library. "I'm hoping to get 20,000 books this month." As the Regis community has helped students grow spiritually and has helped them achieve their goals, it has offered Janet a lot of support with her various projects. "I feel like I've got a charmed life. This is all going to happen." The combination of her big heart, her love of literature, and Regis' support has helped Janet Lee to become a successful and inspiring woman.

1. Students enjoyed the beautiful beach in New Orleans.
2. Sam Flaherty, Sarah Fawaz & Talisa Puentes re-painted a house during their service trip.
3. Brittany Scoles, Corie Svoboda, Erin Navarro, and Heidi Marquez enjoyed a hike in Bend, Oregon.
4. Anne Flower did not fear the cold as she skiied in short-sleeves.
5. Sam Flaherty prepared a house for a new coat of paint.
6. After snowboarding for hours, David White took a snack break.
7. Lan Anh Nguyen painted a house.
8. Seph Scheid and David White hiked up the mountain for some backcountry snowboarding and skiing.

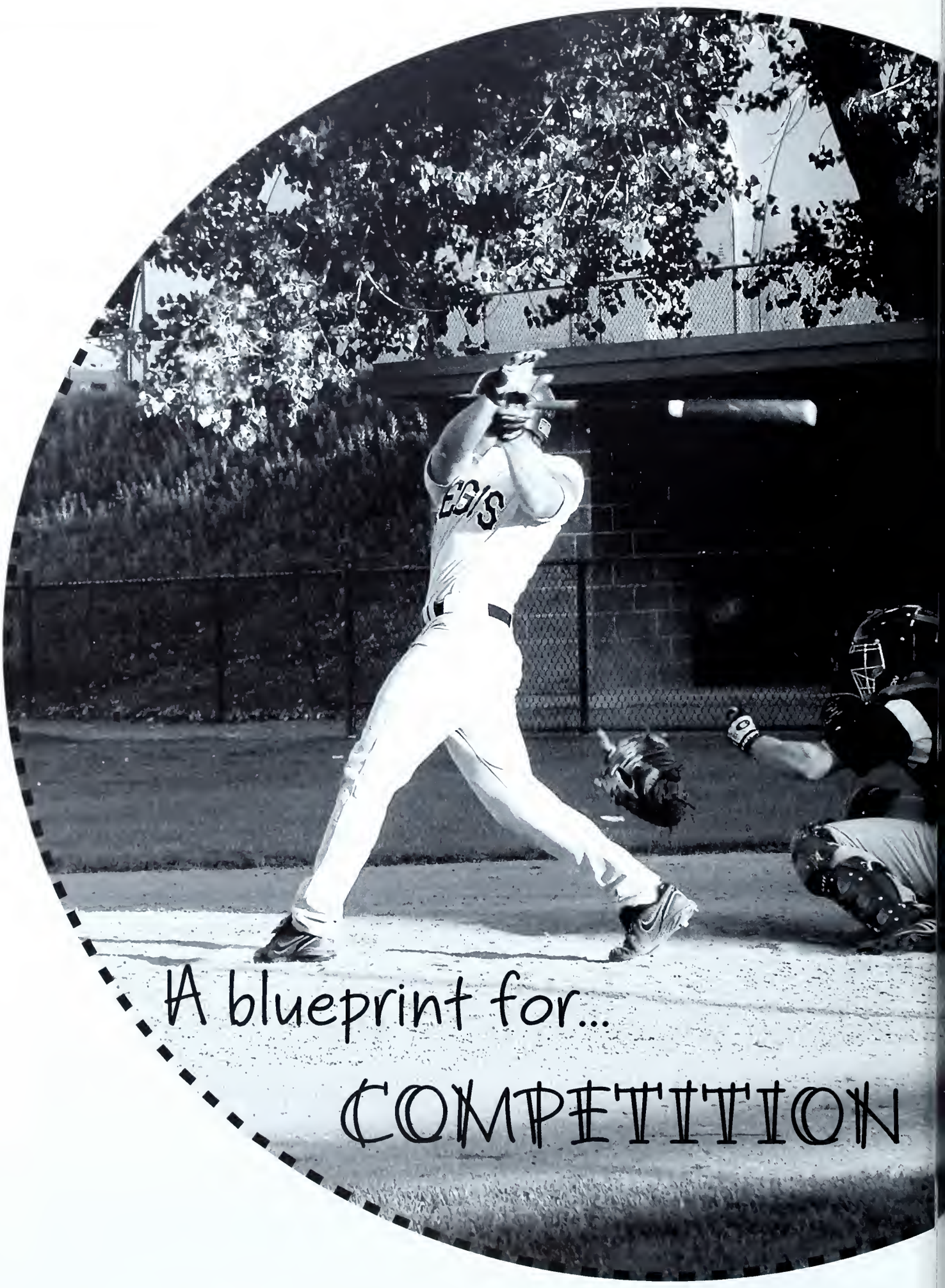
Spring Break Trips

Lane and David Hunite
had a great time
backcountry snowboarding.

New Orleans participants sat with the home owner of the house they fixed

Every year students make exciting plans for spring break, and some of the lucky ones end up on school sponsored trips. This year students had the opportunity to go backcountry skiing and snowboarding, or on service trips to the Dominican Republic, Bend, Oregon, and New Orleans. The backcountry trip participants benefited from the fresh air in Forest State Park and their time away from school. The Bend service trip participants helped to build houses for Habitat for Humanity. Other students helped the 'United Saints Recovery Project' rebuild Central City, New Orleans after Hurricane Katrina. Students who had the opportunity to go to the Dominican Republic stayed with host families and worked in the community. No matter where their destination was, students will never forget their 2010 spring breaks.

The Bend Oregon service trip participants took time for a hike.



A blueprint for... COMPETITION

ATHLETICS

WOMEN'S SOCCER

Chelsea Reichard, senior, kicks high to thrust the ball away from her defender! "I always wear a bun on the top of my head and a headband." Freshman Marissa Davis stated "Chelsea is my hero and she wears a bun so I wear it too!" Photo courtesy of Jeremy Phillips.

Senior Heather Thomas looks out to a teammate before throwing the ball back into play. Photo courtesy of Jeremy Phillips.

With great technical skill, Heidi Boersma, senior, dribbles the ball after recieving a pass. Photo courtesy of Jeremy Phillips.

Chelsea Bokan, freshman, looks on at her defender and swiftly navigates the ball around her. Photo courtesy of Brett Stalkelin

Senior Marianne Clausen deflects the ball from the Ranger goal. Photo courtesy of Jeremy Phillips.

Jordan Miller, sophomore, evades her opponent and delivers the ball down field. Photo courtesy of Jeremy Phillips.

Junior Danielle Lardner quickly changes direction. Photo courtesy of Jeremy Phillips.

Marianne Clausen jumps right in to retrieve the ball and keep the Lady Rangers ahead on the scoreboard! Photo courtesy of Jeremy Phillips.

Scoreboard

- N.M. Highlands W 5-1
- Adams St. W 9-2
- Co. Mines L 3-2
- Fort Lewis T 3-3
- Adams St. W 2-1
- Neb. Kearney W 10-0
- Mesa St. W 4-3
- Co. St.-Pueblo W 3-0
- Co. Mines W 1-0
- Metro Sr. L 3-0
- UC-Co. Springs W 3-1
- Fort Lewis T 2-2
- Co. Christian W 3-1
- Mesa St. W 1-0
- Metro St. L 5-1
- Co. Mines L 2-1

Senior Lexi Tagen gives it everything she's got as she quickly evades her defender and gets to the ball in order to attempt a shot at the goal. Photo courtesy of Brett Stakelin.

The Lady Ranger Soccer team had one fighting season in fall 2009! These ladies went all the way to the RMAC Championships, in which they proved their absolute perseverance and team strengths. Senior goalkeeper Marianne Clausen described her favorite part of the 2009 season because "our team is so close. Being a part of it is awesome and I know that anyone would do anything for me." And as Senior defensive player Heidi Boersma described "In my 17 years of playing soccer I have never met a team as close as ours; it truly is a second family. It is indescribable the ways in which I have grown by playing for this team and it is something I will carry with me long after I graduate." Overall the season can be attributed a great success, featuring a close-knit family of hard-playing, skilled, and outgoing lady Rangers!

Sophomore Rosie Campbell sets herself up for a huge kick to her teammates down the feild Photo courtesy of Jeremy Phillips.

RIGHT: Katie Horn, junior, dribbles the ball quickly as she moves down the field toward the goal.
Photo courtesy of Jeremy Phillips.

With more intensity than ever this Ranger leaps to head the ball back toward another teammate in order to score another goal! Photo courtesy of Brett Stakelin.

SCOREBOARD

OPPONENT	WIN/TIE/LOSS	SCORE
Fort Lewis	L	6-1
CO Christian	W	7-0
CO Mines	L	1-0
Fort Lewis	L	1-3
Mesa State	W	1-0
CSU-Pueblo	W	3-0
UC- CO Springs	W	1-0
Metro State	T	2-2
Fort Lewis	L	0-1
CO Christian	W	10-1
CO Mines	T	1-1
Mesa State	W	2-0
Metro State	T	1-1
UC-CO Springs	T	1-1
CSU-Pueblo	W	2-1
Midwestern State	L	0-5
Northeastern State	W	2-0
NW Nazerene	W	6-2
Fort Lewis	L	1-6

James Copeland. Senior dribbles the ball quickly and evades his defender

In an attempt to elude his defender, sophomore Kyle Emge dribbles the ball quick, and has to think quicker! Technical skills on the field were essential to the Rangers' success this season.

Stirrin' up a ruckus, the Regis Men's Soccer Team did not leave one blade of grass on the field unturned this season! They fought hard to achieve one of their best seasons yet, and have the scoreboard to prove it! The Rangers came home with a total of 9 wins, 5 losses, and 4 tied games. They trained hard and played harder taking their team all the way to the RMAC Semifinals! The team followed the leadership of Head Coach Tony McCall in his first year of heading the RU Men's Soccer team. "To have the opportunity to work at an academic institution like Regis is a dream," McCall stated. The Men's 09-10 Soccer team proved that they featured more than just tough athletes, they were a team of skill, perseverance and teamwork.

atrick Freeman ought all his powe in order to steal the ball and drive it dow the field. Photo courtesy of Brett Stakelin.

LEFT: This Ranger goes in for a pass to his fellow teammate after dodging his defender in order to put another point on the Rangers scoreboard.

RIGHT: Midfielder Patrick Bonitatibus, freshman, packs a powerful kick on goal, in attempt to give the Rangers another point! Photo courtesy of Brett Stakelin.

MEN'S SOCCER

Number 5. Senior Ryan Brennan high-fives his team before the start of another action packed game.

Lucas Mazier, freshman, runs down the center line of teammates after his name is announced.

Freshman Adam Hinkelman displays his intensity face while greeted by teammates before a game.

Freshman Patrick Freeman is greeted by his teammates.

Junior Alex Howieson recieves the ball from a teammate and continues down the field.

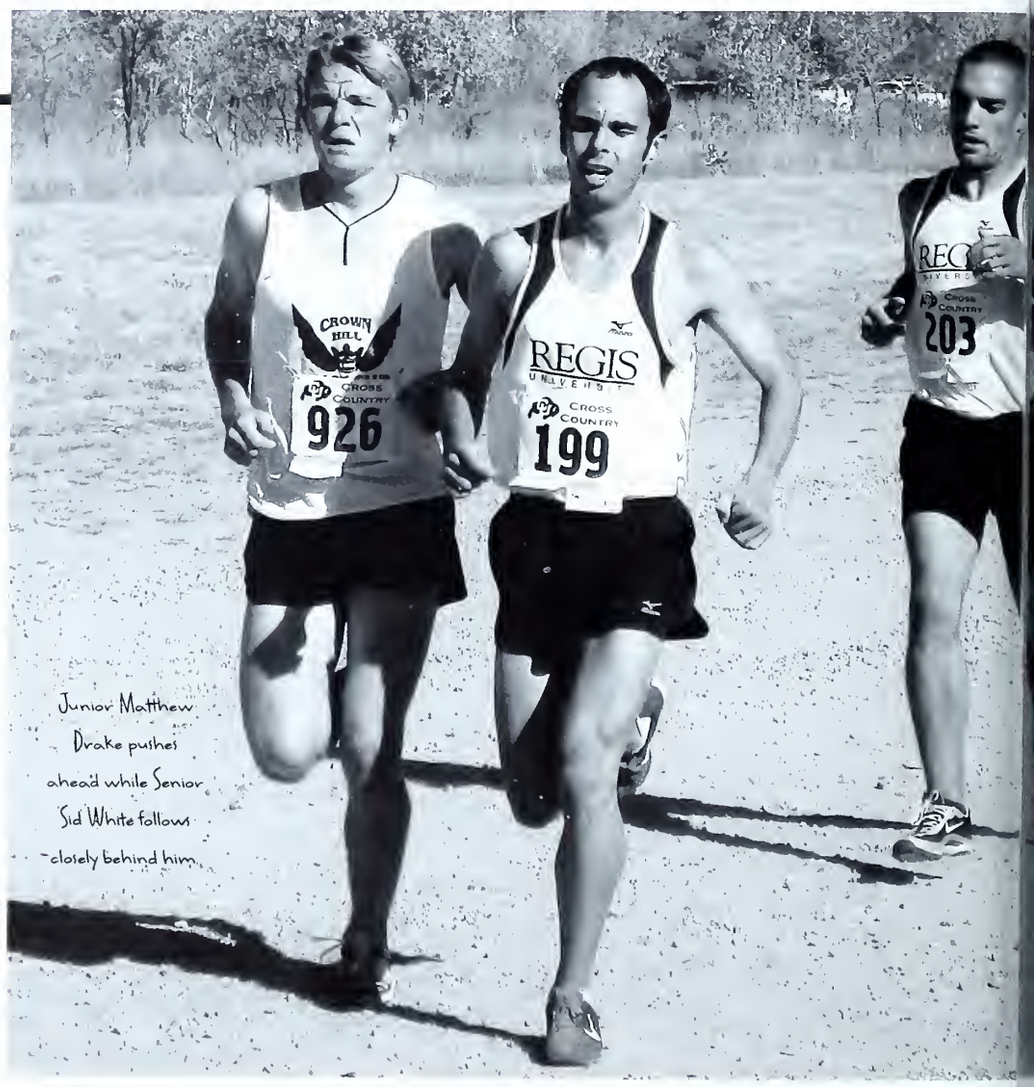
Sophomore Kyle Emge quickly steals the ball from his opposition!

CROSS COUNTRY

Megan Vestal, Senior keeps her eyes on the finish line as she cranks up her speed for the final stretch.

Hope McGehee, freshman paces herself in oder to keep up her stamina throughout the race.

Senior Whitney Unterreiner looks ahead at the trail to keep her focus during the race in Boulder, Colorado.



Junior Matthew Drake pushes ahead while Senior Sid White follows closely behind him.

With great intensity this runner holds strong to cross the finish line!

The lady Rangers take off in a pack against many other competitors in Boulder, Colorado.

This Ranger fights toward a powerful finish in hopes to achieve her best time yet!

This Ranger practices steady breathing in order to keep up pace and hold his time during the race.

ABOVE: Two Regis competitors high five for a good race before setting up at the starting line.
BELOW: A fellow Regis athlete points out the course for his teammate.

And they are off! The Lady Rangers push their way through the pack in order to claim their position and keep pace during the race.

Dust lingers in the air as the stampede of runners quickly dissipates into the distance at the early morning Cross Country race in Boulder, Colorado. The Regis Rangers brought their undeniable stamina and intensity to the trail that day to prove they had what it takes to proudly cross the finish line in no time! The teams were lead by coach John Esquibel, who guided them in discovering the power of breathing and keeping pace in order to improve their finish times. The 2009-10 cross country season featured many great victories, both individual and as a team of Rangers.

These Rangers keep pace and great focus during the second lap of their race. Running long distance took more than stamina and energy, it required skill and specific technique as well.

LEFT: Sheila Hoag, Heidi Marquez, Corie Svoboda, and Claire Leavens, juniors, give great praise to their friend Megan Vestal after completing the rigorous race.

RIGHT: The Regis Ladies prove they got power and might with an intense start together during this race.

Robert Quick prepares to whack the ball down the course with his determined powerful stroke!

ABOVE: A lady Ranger looks down the green to assess where to send her ball.

BELOW: ZJ whacks the ball out of the deep sand of a bunker.

Taylor Hulbert works his technique and strategy to get the ball closer to the hole!

An excellent follow through is essential as this Ranger athlete proves during a golf tournament.

Both the men's and women's golf teams brought the Ranger heat in the 2009-2010 season! The women's fall season led them to place in the top three in eight out of ten matches! The men's golf team placed in the top ten out of eight of their first ten matches. Both teams worked hard on their skills, focused on improving their techniques, and studied up on how to better their game tactics. Golf is a sport of ultimate focus, skill, drive, and patience, all of which are embodied by the athletes of the Ranger Golf teams!

LEFT: Set up, stance, focus, and pure technique as demonstrated by this Ranger athlete, are all important skills to master the sport of golf.

RIGHT: The lady Ranger Golf team join together!

MEN'S & WOMEN'S GOLF

With a solid follow through and an eye on the ball, proves that this Ranger has the heart and skill for the sport of golf!

The Ranger golf team is taught the importance of careful execution and skill to get ahead at every tournament!

With a careful eye on the ball this athlete mentally prepares for the task at hand.

With a careful but powerful stroke, this lady Ranger prepares to knock the ball down to the hole.

A long gaze down the green gives this Ranger athlete an idea of how to hit the ball to her advantage in hopes to get it in the hole!

Photos courtesy of Regis Athletic Department

WOMEN'S BASKETBALL

Junior Jackie Machesney runs down the court surrounded by cheering fans, teammates and the cheer team to take her place in the starting lineup!

Ashley Pope, senior, dribbles the ball while planning out her next move in order to elude her defender and gain another basket for the Rangers!

With a powerful shot from the bottom of the key, this Ranger athlete hopes to pull the lady Rangers ahead in the game!

Chelsea Porter, junior, strategically plans her next move in order to defeat the opposition and bring another win for the Rangers!

A lady Ranger looks on to her teammates while waiting to pass the ball back into play.

Senior Ashley Pope passes the ball to an open teammate

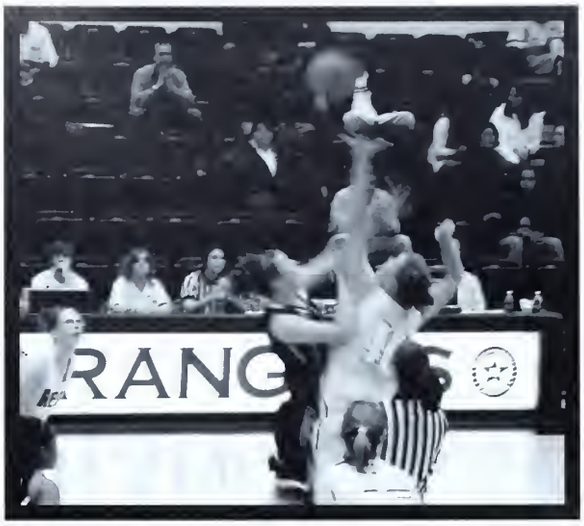
This Ranger lines up with the bask and prepares to shoot a free throw

The team of lady Rangers gather for a motivational huddle before the start of an intense game!

Scoreboard

OPPONENT	WIN/LOSS	SCORE
Mines	L	78-74
Colorado Christian	L	84-65
UCCS	W	92-72
Metro	L	65-54
N.M. Highlands	L	67-65
CSU Pueblo	L	73-45
Western N.M	L	92-80
Central St (OH)	W	70-57
Abilene Christian	W	60-54
Dominican U	W	93-64
Johnson & Wales	W	85-48
Western State	L	84-76
Mesa	W	79-64
Fort Lewis	L	81-65
Adam State	L	57-48
Fort Hays State	L	60-51
Cal State D.H	W	63-54
Rockhurst	W	56-47
Newman	W	71-45

Scores as of 1/30/2010



Salina Kuiper, junior, leaps up with all her might to gain possession of the ball after the tip in order to start the game in favor of the Rangers!

The Women's Basketball team proved that they are driven, tough, and intense on the court every time they walked onto the court for a game. Both Ashley Pope and Emily Kuipers, seniors, were named to the RMAC All-Academic Honor Roll Team because of their superior academic performance while competing on the team. The Rangers had a 9-9 season, but prepared themselves for a fight in order to come out on top during the upcoming RMAC tournament. Throughout the women's basketball season the crowd watched from the edge of their seats as the Lady Rangers brought the skills, teamwork, and undeniable intensity to each of their games.

Tae'lor Purdy, freshman, swiftly shoots the ball at the basket. "I enjoy playing basketball for Regis because of the family type atmosphere I have with my teammates. We always look out for one another." Purdy stated.

RIGHT: Junior Jacque Macheiney, guard, looks down the court for a teammate to Macaque open and receive the pass.

LEFT: Junior Emily Kuipers looks out toward her teammates as they run a drill before passing the ball to an open Ranger.

The men's basketball team listens intently as Head Coach Lonnie Porter goes over their next strategy in order to hold the lead in the intense game!

Scoreboard

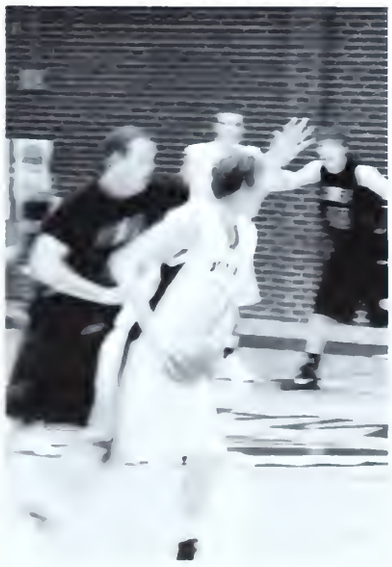
OPPONENT	WON/LOSS	SCORE
CO. State	L	74-65
WO. Exhibition	L	78-60
NW Okla.	W	74-63
Kan. Wesleyan	W	89-76
Adams St.	L	76-64
Fort Lewis	L	78-67
Mesa St.	L	74-61
Western St.	W	72-57
CO Col.	W	61-52
Up. Iowa	L	72-68
Concordia- St. Paul	W	73-59
Northern N.M.	W	77-45
CO. St. Pueblo	L	83-74
Western N.M.	L	83-73
Johnson & Wales	L	77-60
CO. St. Pueblo	L	58-49
N.M. Highlands	L	86-68
Metro St.	L	94-75
UC. CO Spgs.	L	82-79
CO Christian	W	80-71

As of 1/30/2010

Stevie Ledesma, junior, looks around as his teammates work to get open in hopes to score another basket for the Rangers!

Junior Jordan Martinez-Doublin shows his excellent form while putting up a three point jump-shot from the bottom of the key!

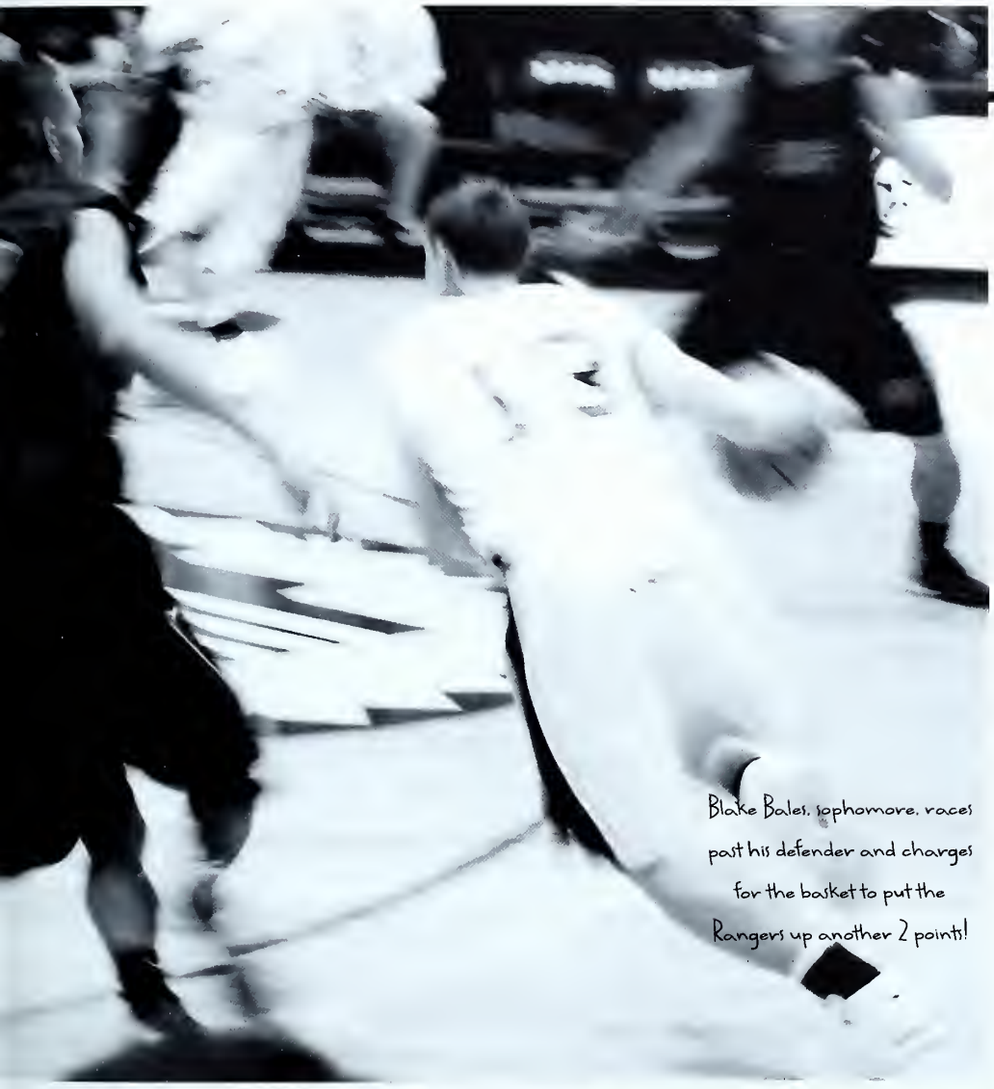
The Ranger Men's Basketball team had a fighting season in their efforts to hold strong to a winning streak. They worked hard during practice to enhance their skills of ball handling, shooting, passing, and communication on the court. Skills including; rebound recovery, pass interceptions and effectively blocking shots throughout the season have helped the Men's Basketball team to pull ahead of their opposition in a few intense games during the season. Head coach Lonnie Porter worked hard to prepare his 33rd basketball team to be successful. Porter's success has become a 497-387 (562) career win-loss record at Regis,. His 497 career victories have led Porter to become the state of Colorado's all-time winningest men's collegiate basketball coach.



LEFT: Alex Potts, senior, pivots around his defender in order to pass the ball to an open teammate and get ahead of their defenders!

RIGHT: Junior Guard Stevie Ledesma fakes-out his defender as he attempts to move around him and drive the ball all the way to the basket!

MEN'S BASKETBALL

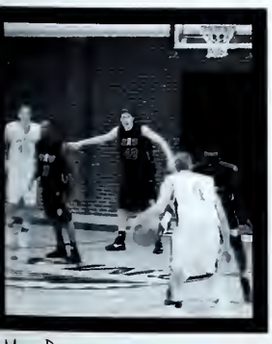


Blake Bales, sophomore, races past his defender and charges for the basket to put the Rangers up another 2 points!

A Ranger shows awesome form during a free throw shot!

This Ranger moves quickly while planning what teammate to pass the ball to! Effective passing is essential to gain a great shot!

Curtis Mitchell, junior, fakes a pass and throws off his defender before moving around him in hopes to put another 2 points on the Rangers scoreboard!



Matt Rosinski, senior, dribbles the ball and looks the opposition dead in the eye before taking a shot.

Junior Matt Busch squares himself up to the basket before taking a free throw shot!

This Ranger holds the ball high while awaiting a teammate to become open.

WOMEN'S LACROSSE

Evelyn Pierrepont, sophomore, rushes past an opponent with the ball before passing it off to a teammate!

Sophomore Morgan Taylor catches the ball and looks down the field to plan how she will dodge her opponents.

Erin Dybus, sophomore, reaches her lacrosse net out to catch a pass from a fellow teammate!

This athlete proves to be quick on her feet as she dives for the ball.

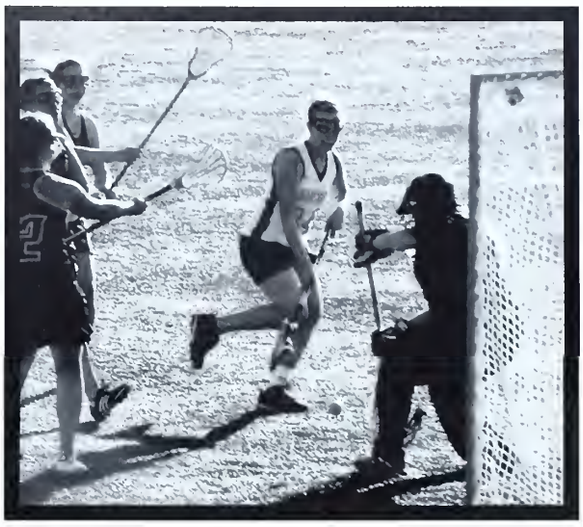
A lady Ranger prepares to pass off the ball to a teammate.

Freshman Erin Flynn puts power into a pass down the field!

The ladies of the Regis lacrosse team huddle up before a face-off against CSU to mentally prepare for the battle ahead!

ABOVE: This athlete thinks fast before bolting past a defender!

BELOW: This Ranger looks past her defender before passing the ball.



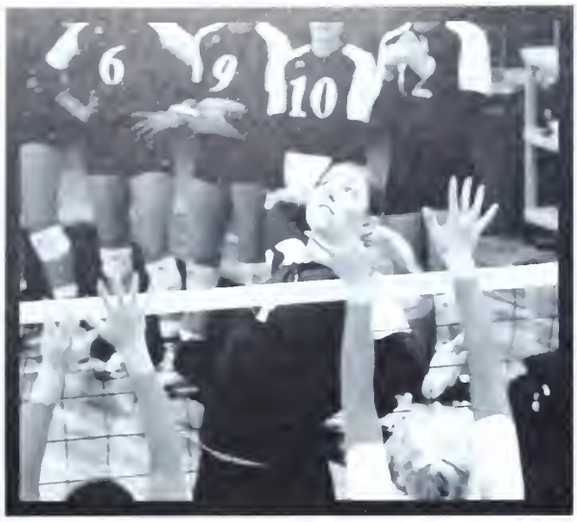
This Ranger athlete thinks fast and moves in to take a shot on the goal during the game against Colorado State University.

Intensity, energy, and undeniable teamwork radiate from the field as the Ranger Lacrosse Team battles for a win! The ladies must maintain great communication while on the field in order to navigate opponents, pass the ball down the field, and coordinate plays in order to score a goal. Lacrosse at Regis is a fun, athletic, fast-paced game composed of a high-energy group of ladies. They work hard to obtain the many necessary skills and proper execution of them in order to gain the upper hand in their games. The season started out strong as the girls won three of their first four games! The season ahead looks bright as the lady Rangers take full charge ahead!

Freshman Margaret Nahrup quickly scans the field while listening to her teammates call out to signal that they are open for a pass!

RIGHT: This athlete powerfully moves through her opponents before passing the ball down field to a teammate.

LEFT: The women's lacrosse team understands the importance of teamwork and communication on the field during a game in order to pull ahead of the opposition.



Jessica Howe junior, prepares herself mid-jump for an intense spike back to the other team. Photo courtesy of Jeremy Phillips.

Scoreboard

- Augustana W 3-0
- SW Minn. St. L 3-1
- Lewis L 3-0
- W. Oregon L 3-1
- Chadron St. W 3-0
- Co. Mines W 3-0
- UC Co. Springs W 3-2
- Co. Christian W 3-0
- Metro St. W 3-0
- Neb. Kearney L 0-3
- N.M. Highlands W 3-0
- Western N.M. W 3-1
- Mesa St. L 0-3
- For Lewis W 3-2
- Western St. W 3-1
- Co. St. Pueblo W 3-2
- Adams St. L 2-3
- Metro St. L 2-3
- Neb. Kearney L 0-3
- Co. Mines L 2-3
- Chadron St. W 3-0
- Co. Christian W 3-0
- UC Co. Springs L 2-3
- Metro St. L 0-3

Katie Hudencial, freshman, focuses while she sets the ball to a teammate. Photo courtesy of Jeremy Phillips.

Caitlin McDonnell, freshman, prepares to send a powerful serve over the net in hopes to score another point for the Rangers! Photo courtesy of Jeremy Phillips.

Get it girls! A phrase Kerry Grady, junior, explains is the best way to describe the Lady Rangers 2009 season, because "We get after it every practice and game, never do we lack effort." These athletes had a great run this season winning 13 of a total 24 games! They made sure their competition knew they were there to prove their skill, competitive drive, and overall team pride. Freshman Caitlin McDonnell described the team's joke of having team chemistry after watching the movie Madea Goes to Jail and hearing Madea say "Chemistry" with a southern twang. She described that this fit "because we get along so well and we are like a family." Overall, the Volleyball season was a knockout as the team fought hard to make it to the RMAC Tournament Quarterfinals!

LEFT: Senior Maggie Workman sets up for the approaching ball and bumps it to a teammate. Photo courtesy of Jeremy Phillips.

RIGHT: Junior Devin Eckhardt quickly sets the ball to teammate Lyz Kann, sophomore, so she can leap and spike the ball back to their opposition! Photo courtesy of Jeremy Phillips.

VOLLEYBALL

Junior Sarah Keiter gets low and ready to bump the ball to a teammate, in order to set up a grizzly pass back over the net! Photo courtesy of Jeremy Phillips.

Freshman Jordan Hughes looks ahead to plan a strategic serve!

The crowd goes wild after the lady Rangers scored another point!

With great precision Sarah Keiter, junior, sets up a booming serve!

With great agility this athlete springs into action in order to spike the ball back to the opposition!

Junior Kerry Grady moves quick and leaps up to block the ball back to the opposition! Photo courtesy of Jeremy Phillips.

Cassidee Young, sophomore prepares for a powerful serve over the net. Photo courtesy of Jeremy Phillips.

BASEBALL

Pitcher, Nick Capra, winds up before releasing a rapid curve ball to elude the opposition!

Tim Terry studies the pitcher right before he releases the ball to anticipate how to effectively hit the ball and gain a run.

J.T. Putt, senior, happily watches as a teammate scores another run for the Rangers!

"Safe!" declares the umpire, as a Ranger athlete rapidly slides into the base!

Patrick Farrell prepares himself for the next inning to jump into the exciting game

This Ranger batter practices his swing before going up to bat.

Patrick Farrell holds his position as catcher to make sure he catches the ball to strike out the opposition!

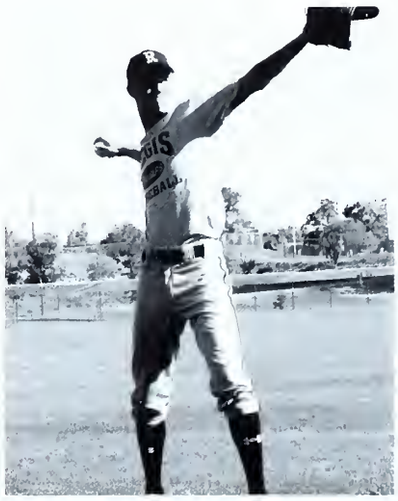
Tim Terry, junior, follows through with a powerful hit before running to first base in hopes to gain another run for the Rangers!

ABOVE: Teammates watch excitedly from the dugout!

BELOW: Sophomore Alex Haag quickly runs around the corner of second base in hopes to make it home!

Coach Carbajal, a visiting coach walks down the field during a spring time game on the Rangers home field.

The Ranger baseball team had one home run of a season this year! The Rocky Mountain Athletic Conference announced that Regis was picked to finish fourth overall and second in the Plains Division at its baseball pre-season poll and awards. The Rangers had a 23-29 record last spring, showing that this season the Rangers were one team not to reckon with! Senior J.T. Putt was picked as the RMAC Pre-season Player of the Year for 2010, and had a .426 batting average with 84 hits and 12 home runs last season! Seniors Patrick Farrell and Jesus Arzaga were both selected to the RMAC Pre-season All-Conference Team! This season great things are expected of the Rangers in their determination to have a successful season!



Trevor LaFarge points high and to the sky to guide his powerful throw to his teammate on the infield!

RIGHT: Zach McBeth, senior pitcher focuses in on his teammate as he practices throwing the ball over long distances.

LEFT: Junior Aaron Salvucci swings the bat with a powerful stroke and knocks the ball way into the outfield!

Regis pitcher Natalie Adami, sophomore, releases a quick ball and strikes yet another Metro State Roadrunner out!

ABOVE: Taking a strong stance, this Ranger shows no fear as she prepares to bat.

BELOW: Freshman Shannon Massine, batter, listens as Coach Lillard instructs her.

With a swift bunt of the ball, this Ranger sprinted off to first base.

An outfielder caught a fly ball, knocking another opponent out and allowing the Rangers to move up to bat!

Too fast, too fast for you!" the Lady Rangers chant from the dugout after their teammate got a hit and successfully made it to first base during the match against the Metro State Roadrunners. The vibrant team energy of the Ranger Softball team is evident to anyone watching the girls as they bring the heat during all of their games. The Lady Rangers kicked off their 2010 spring season in full force. The first eight games proved the ladies had the drive, but winning only three would push them even farther to finish their season off strong! Lead by Coach Dana Lillard, in her ninth year with the Lady Rangers and twice named Coach of the Year, the team was pushed hard to play hard! Coach Lillard brought experience, drive, and great technique to the Ranger softball team, and was backed by Assistant Coach Christi Weiser. Overall, the 2010 season looked bright and promising for the strong-willed Rangers and Regis fans were aching to see what they had in store!

LEFT: After catching a fly ball, this Ranger returns the ball to the pitcher.

RIGHT: Alisa Heronema, junior rushes back to third base after attempting to steal home. !

SOFTBALL

There is no denying it. that ball is out of the after a swift swing by this Ranger athlete!

Going in for a powerful hit. this athlete proves that the Regis Rangers have more than a strong team spirit. but also skillful technique!

After watching the first pitch fly over the base. this Ranger takes up her stance and prepares to get a hit on the next ball!

Junior Jamie Winior. shortstop. catches a ball after it whizzed past the opposition and struck out another opponent!

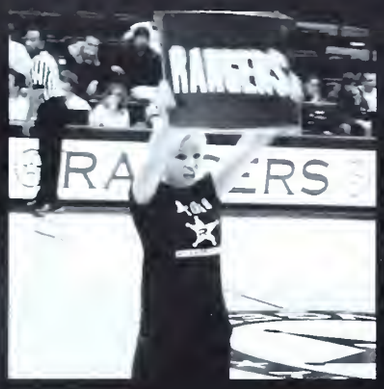
shman Breanna Backlund rushes to first base after a tactical bunt.

The basemen and pitcher exchange high and low fives during a game against Metro.

And she is safe! A lady Ranger lands on first base after getting an excellent hit!

CLUB SPORTS
at Regis University

CHEER

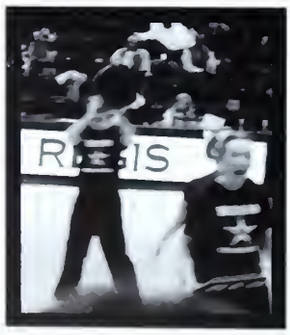


Jelena Subotic holds up a sign during a cheer to get the crowd involved!

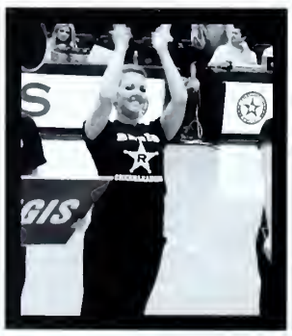
Aaron Georgas holds up a cheer megaphone so that the cheer team can be heard throughout the stands!

The cheer team takes to center court during intermission of a game to rev-up the crowd!

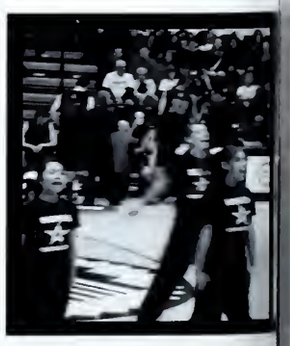
The cheer team of [illegible] poses for a team [illegible]!



The cheer team gets loud in order to get the crowd involved!



Kayla Lovato claps along with the cheer!



Quick, swift movements make up the cheer team's excellent cheers!

The cheer team claps to their cheer at a basketball game. Lauren Jones said her favorite memory from this year was joining the team after studying abroad, and everyone was very welcoming and fun.

ABOVE: Christina Doerer shows her enthusiasm during a cheer!

BELOW: THe cheer squad moves into position before bursting out into a great cheer!

Kelsey Simms explains that "cheering for college level teams is so exciting! Each individual on the squad is different, unique, and incredible. We've each contributed something different thus far, and I expect we will continue to do so throughout the year!"

Captain Edward Encinias had more than his passion for cheerleading invested in the new squad, he gave all he had to help establish a Regis Cheer Squad this year. He explained that the hardest thing about putting the Cheer team together was not finding cheerleaders or support for the team. The process was really long and drawn out. "I had to apply to be a RUSGA Club and then needed to have Father Sheeran's approval. Next we had to get approved by HR and Risk Management. After this we still needed a coach, then finally we had tryouts! I felt like I was constantly taking two steps back for every one I took forward. I am proud that we were able to find members that wanted to see a difference in Regis and turn them into Cheerleaders. We have built a successful team from the ground up, and to see this whole thing working out after many set-backs past and current has made the struggle worth it. We have a fantastic coach and I am excited to see what the cheer team will look like next year!"

ABOVE: Team captain Edward Encinias performs a backflip with excellent technique! He enjoys being part of the team because he" gets to support the athletic teams in a more direct way.

RIGHT: Kristin Cabanting strikes her pose after being lifted up by her teammates during a stunt practice. Great precision and proper technique are essential to perfecting a tough cheer stunt.

LEFT: The Ranger cheer team chants in synch "R-E-G-I-S" while holding up signs in order to show their great support of the Rangers on the court!

This athlete is raised up by his teammates before the ball is passed back into play!

The tired, but well conditioned, Ranger Rugby players line up for a water break during a scorching fall practice.

With a quick turn this Ranger athlete found himself locked into a tackle, after progressing the ball toward the opponent's goal!

Racing down the field, this tough Rugby player is not going to let anyone stop him from scoring another goal during a scrimmage at Regis!

It was a bit of an off-year for the Ranger Rugby team this season. With changes in coaches, and needing to recruit new players, the team was not able to successfully achieve a spring competing season in 2010. That didn't stop these die hard athletes from giving it their all during practices in excruciating heat, or from staying in contact throughout the year about the team's status!

LEFT: This Ranger athlete calls a play to his fellow teammates during a hot fall practice.

RIGHT: The Rugby guys set up in a scrum before the ball is released into play!

RUGBY

is tough Rugby player takes out another during a practice at Regis!

INTERVIEW QUESTIONS

1. What is your favorite part of Rugby?
2. WHat rituals do you do before a game to bring you "good luck"?

STIAN DINSDALE

e commodore of
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and throughout the
n.
ick out players on the
team that I need to
an eye on. I also
of my duties to
e sure I am the best
r I can be that day
e pitch.

WILL SCHNEIDER

1. The brotherhood formed between teammates after long physical practices and all of the work that it takes to play well and win.
2. Before every game I call my high school coach and mentor to ask for last minute advice and to get my mind in the right place.

INTERVIEW QUESTIONS

1. When did you start playing rugby?
2. What position do you play on the Regis team?

TYLER SIEGEL

1. I started Rugby my sophomore year of high school. I started playing because I love prancing around in short shorts and doing super cool stretches!
2. I play outside center. it requires a smart play maker as well as a very physical player.

EVAN JINKS

1. I started playing back in high school.
2. I play winger. I am a good fit for that position because I am fast.

MEN'S LACROSSE

The goalie watches intently as an approaching opponent prepares to shoot the ball!

This athlete rushes down the field and prepares to receive a pass from a fellow teammate.

A Ranger athlete maneuvers through his opponents with the ball in hopes to make a goal for his team!

During a drill, this player practices ball handling and strategic maneuvers!

This athlete looks down the field for an open teammate to pass the ball to!

During a fast-paced scrimma this Ranger keeps his energy and flies down the field!

Without hesitation, this athlete rushes down the field at the opposition before passing the ball off to a fellow teammate.

ABOVE: One athlete prepares to receive the ball while his teammate releases it!

BELOW: The men's lacrosse team practices passing throws against a wall to warm-up before practice.

A Ranger practices a drill with his team in order to enhance their ball handling and passing techniques.

The Men's Lacrosse team is making a move this season, they are working hard to earn an awesome record for their 09-10 season! Coach Drew DeMarie has pushed these Ranger athletes to ensure their great success in the upcoming season. The team trained by practicing their ball handling skills, running drills, passing techniques, and communication while on the field. The Rangers compete at the national level Men's Collegiate Lacrosse League (MCLA) and in one of the top performing conferences in the MCLA, the Rocky Mountain Lacrosse Conference Division II (RMLC). Overall, the Rangers are amped and excited to show what they have in store for the 2010 season!

ABOVE: A player positions himself before releasing the ball in a powerful throw to his teammate down the field!

RIGHT: Two Ranger athletes move in in hopes to recover the ball for their team during a scrimmage!

LEFT: An athlete quickly scoops up the ball in his lacrosse stick's basket, before running down the field in hopes to score another goal for his team!

Gathered around the Rangers sports logo, the ladies of the dance team truly have the spirit and drive to show their support for all Ranger sporting events!

This Ranger performs an extreme back bend with ease. Flexibility is an important trait of a Ranger dancer!

Many giggles, pep, and absolute spunk radiated throughout the gym as the Lady Rangers of the Dance Team worked together to create formations, new dance moves, and eye catching combinations of a routine during a team practice. The dance team had a bumpy start in 2009 but the girls were determined to make the Ranger dance team happen! They wouldn't give up and decided to collaborate on picking up the pieces of the previous team to create a new-age team! Their hard work, extreme teamwork, and undying passion for dance pushed them to persevere through the hardships and develop a team everyone can look up to!

Line formations, poses, and bright smiles make up an eye catching routine by the Regis Dance Team!

These Ranger athletes know how to get the crowd's attention: a line of the splits! Although getting the 2010 dance team together was a difficult task, these ladies were determined to make it happen!

DANCE

Demetria Velazquez, junior, instructs her fellow teammates about how to position themselves.

Teamwork, agility, and coordination make up three necessary factors of a Regis dancer.

These Rangers watch as a fellow teammate demonstrates a dance move.

INTRAMURAL SPORTS

Quick reflexes are a must in intramural sports, as proved by this leaping athlete!

This Ranger sets up to bump the ball to her teammate in order to return it to the opposition!

With a rapid jump, and set, this Ranger volleyball player was able to send the ball flying over the net!

A powerful serve allowed this athlete to score a point against the opponent.

Teamwork between these Lady Rangers proved succesful as they score another point for their team.

This Ranger shows his skills as he powerfully bumps the ball after serve from the opponent.

This athlete prepares for a powerful throw to knock an opponent out before retreating to avoid getting hit!

ABOVE: These two work together to take down the opposition.

BELOW: Quick movement and force allow this player the upper hand in dodgeball!

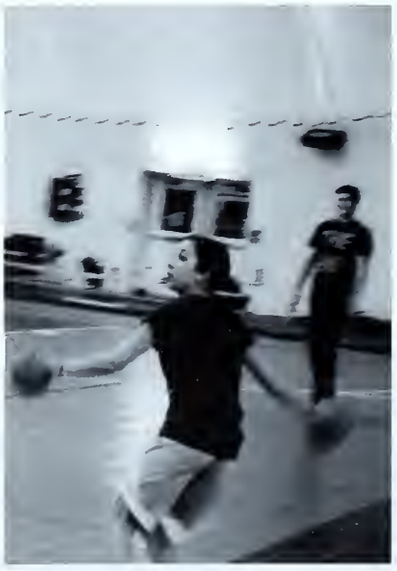
Double armed, this Ranger athlete looks on while planning his attack on the opposition!

Energy, drive, and absolute teamwork fill the Ranger Dome throughout the week during intramural sports activities. These student athletes work hard in class by day, and meet up for a fun and active game of volleyball or dodgeball with their friends by night. Intramurals are a great chance to gather your friends and put together a team to compete against other students at Regis. These sports are a great chance to enjoy friends, light-hearted sporting competition, and athleticism throughout the semester at Regis.

These athletes work together to attack the opponent and take them out in order to get ahead and win a round for their team!

RIGHT: A rough and tough dodgeball player winds up to take out an opponent!

LEFT: As the whistle blows, the thunder of charging dodgeball players begins as they run to pick up the balls and knock their opposition out.

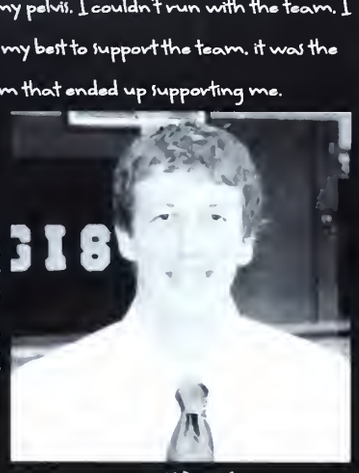


TEAM CAPTAINS

CROSS COUNTRY

AMY SMITH

2. Prior to our first meet, I fractured a bone in my pelvis. I couldn't run with the team. I did my best to support the team, it was the team that ended up supporting me.



BASKETBALL

ALEX POTTS

1. My leadership and experience. I have been here longer than anyone else on the team.

BASKETBALL

ASHLEY POPE

3. Our game against UCCS, we shot amazing from the field and everyone was having fun.

JT PUTT

1. I'm determined, motivated, a hard worker, and have leadership skills.

3. Our trip to Arizona was fun! I enjoyed traveling with the team, and our practice at Central was a blast! We were stuck out in the desert heat without water, but it was fun!

5. I feel like my role is more of a line of communication between the team and the coach.

SOCCER

HEIDI BOERSMA

1. Work ethic on and off the field, discipline, attitude, experience

4. I am a center back for our team. I think what makes me a good fit for this position is my size and knowledge of the game. I have never been the greatest runner on the team, but playing defense is a mind game. My ability to anticipate the game is what fits me and what I enjoy most about the game.

DEVIN ECKHART

3. It was hard to beat our home game against Metro this year!! The crowd was amazing, with tons of students, family and friends, and the team came ready to play. We were determined from the start to win and winning in three sets made the experience that much better. Metro is our biggest cross-town rival and they have been for years, so beating them in such a way was an amazing experience to say the least. I will remember it forever!

BASKETBALL

LAUREN LUEBBE

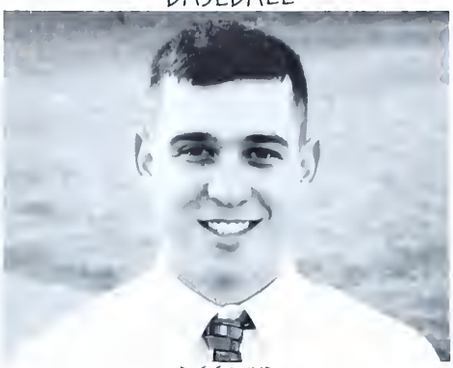
favorite moment from this year was watching my eam play a near-perfect game at University of orado at CO Springs. We shot lights out and played stellar defense. I was so proud of my team.

BRITTANY FARNIOK

1. I am a hard worker, both on and off the field! I believe that there are NO LIMITS! I'm not afraid to set lofty goals. I will NEVER give up!

LACROSSE

BASEBALL



CHRIS STEINBECK

4. I play first baseman. I have experience in the position. Teammate JT Putt added "We call him the 'hoover' because he picks up on everything!"

Interview Questions

1. *What are four qualities you possess which have helped you fulfill your duties as a team captain at Regis?*

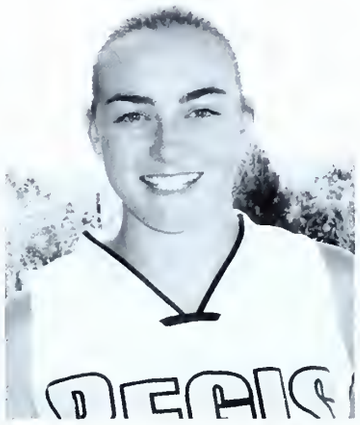
2. *As a captain for a Regis Sports Team, what was the biggest struggle for you this season?*

3. *What was your favorite moment from your sports season this 09-10 year?*

4. *What position do you play for the team, and what do you think makes you a good fit for that position?*

5. *As a team captain do you think your fellow teammates look to you as a role model and leader?*

BASKETBALL



JACQUE MACHESNEY

5. Yes, I think that they do. I think that I lead by example best, and because of my relationship with these girls they respect me for that. Even though there can be slip ups.

MATT ROSINSKI

4. I play shooting guard. I fit this position because I shoot well!

This season Matt Rosinski was the 9th leading scorer in the NCAA!

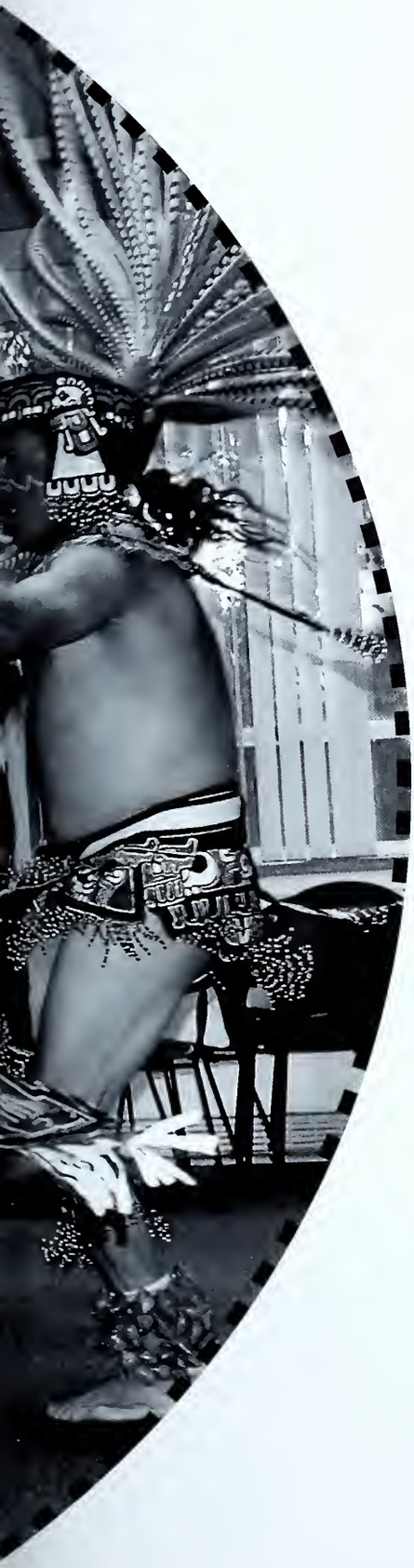
BASKETBALL

LACROSSE

KELSI GOINGS

2. Our Lacrosse team is very small this year, but actually this is working to our advantage our team is a tight knit group of girls who really care for each other.

A Blueprint for Commitment



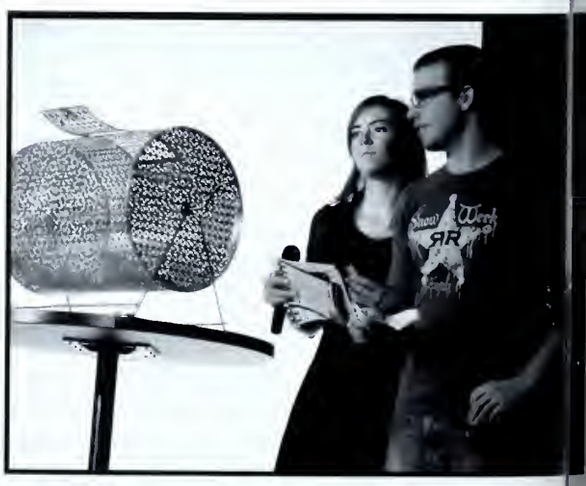
CLUBS & ORGANIZATIONS

RUSGA

Regis University Student Government Association

1. Participants line up to get their prizes at the RUSGA Student Involvement Committe and PAC sponsored Snow Bingo.
2. Brandon Blessing helps set up the Ice Queen pageant.
3. Brett Staklin announces winning numbers at Snow Bingo.

RUSGA's Student Senate votes on an important issue at one of their bi-monthly senate meetings..



RUSGA member Gus Maxwell, with help from Emily Dufficy, work at the annual Ice Queen competition durin Snow Week.

Regis University Student Government Association (RUSGA) works to provide programming and activities as well as leadership of student life. RUSGA works, with input from students, to make campus life at Regis great as a place to live, a place to study, and a place to have fun.

Student Body President- Will Gohl
Student Body Vice President- Joe Vuletich
Chief Justice- Edward Encinias
Director of Student Involvement- Brandon Blessing
Director of Communications- Michael DelliVeneri
Director of Programming- Gus Maxwell
Director of Social Justice- MaryAnna Henggeler
Director of sustainability- Gina Graziano
Director of Finance- Sean Mulligan
Director of Health Awareness- Annie Stumpf
Director of Multicultural Affairs- Andrea Minhas
Director of Media and Technology- Brett Stakelin

Student Body Vice President Joe Vuletich leads the Student Senate meeting.

Student Body President Will Gohl and David Allen work at the Community Garden.

Jamie Schulte and Megan McLaughlin work together at the groundbreaking of the Community Garden.

UNIVERSITY MINISTRY

1. Will Corrigan, Maegan Cooley, and Adam Barajas take a break at the UM-a-palooza.

2. Ms. Grace Cosmi Brock and Megan Robbins enjoy the wine tasting where they served as wine pour-ers.

3. A student reflects during the Taize prayer service.

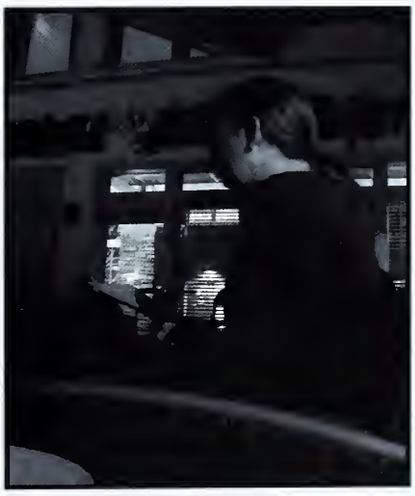
Jenna Brickman and Dan Van der Vieren perform at the Taize prayer service.

Maegan Cooley, Adam Barajas, Shelby Schneebeck, an Sarah McGill talk about University Ministry at the UM-a palooza.

University Ministry at Regis works to create an environment that all students can feel at home. Their inspiration comes from St. Ignatius Loyola, the founder of the Jesuits.

The mission of University Ministry is to care for each student in ways that will help them. Through events like Caffeinated Christ (a weekly worship service), service work, small groups, liturgies, social activities, and the various retreats offered, University Ministry effectively helps care for the students at Regis. In addition to this, University Ministry provides opportunities for spiritual reflection for students to develop a deep sense of their own faith journey.

Kacey McCaslin gets her friend a beverage at the UM-a-palooza

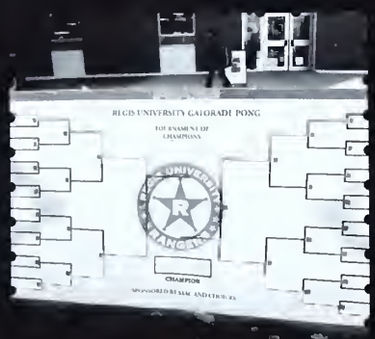


Rachel Ottreko reflects at the silent prayer.

Students enjoyed worship time at the weekly Caffeinated Christ group.

Students participate in singing worship songs.

CHOICES



1. A Choices member explains the rules of the game to some competitors.
2. Shannon Massine makes her move as teammate Alyssa Beikid watches.
3. The bracket of champions shows the hard work of Choices and SACC that went into the Gatorade Pong tournament.

Jamie Winsor and Heidi Borsma run the UnBar during Thursday Thrills event.

The main mission of Choices is to encourage fellow students to make wise decisions. Choices works to correct the misconceptions about what fun is in college. The club informs students about the consequences of drinking and smoking. In addition to informing students, they offer alternative ways of having fun.

Choices also deals with other issues such as substance abuse, sexual assualt, STD's, relationships, eating disorders, mental health issues, and suicide prevention. Students who are aware of these issues can develop better habits and lifestyles.

Through programs like the UnBar at Thursday Thrills, Choices entertain, inform, and interact with students. This peer education program helps students enjoy college while staying healthy at the same time.

Two friends compete in the first annual Gatorade Pong tournament sponsored by Choices.

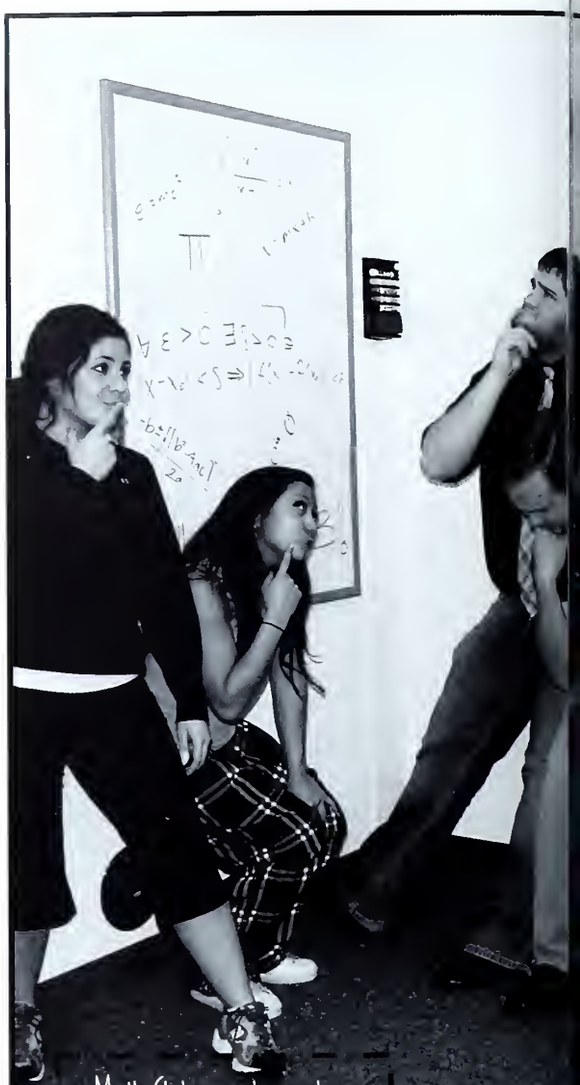
Meagan Nickell serves hamburgers and hot dogs during Gatorade Pong.

MATH CLUB

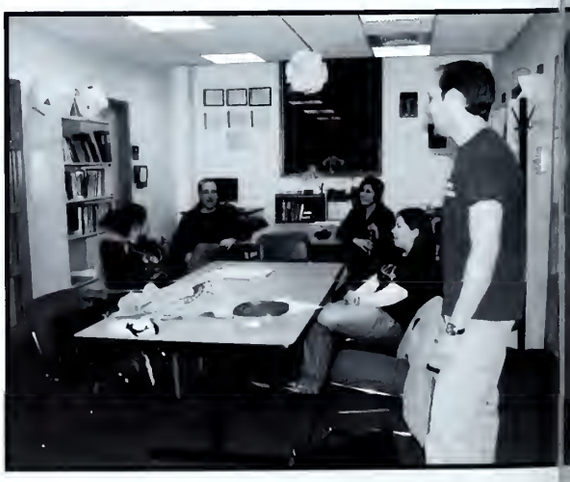
1. Math club members and Dr. Seibert discuss the upcoming activities of the club.

2. President Anthony Bonney leads the bi-weekly meeting.

3. Dan Van der Vieren practices his math skills while at the meeting.



Math Club members, along with their advisor, Dr. Seibert, try to figure out a puzzling problem.



Math Club members plan their service project for the Spring semester.

"I think math is great because it's straightforward, and you can prove things. It rocks my socks."
-Wivina Sitthisay

"I love math because of the exploring, adventure and excitement of the magic numbers. I really only joined because of Dan [Van der Vieren], oh, and I love math."
-Anthony Bonney

"Well I'm a math major so I was kinda forced into the club. I volunteered to be the vice president of the club if Anthony [Bonney] was the president. But, I love math because the logic is awesome."
-Dan Van der Vieren

Wivina Sitthisay keeps the group organized by writing their to-do list on the board.

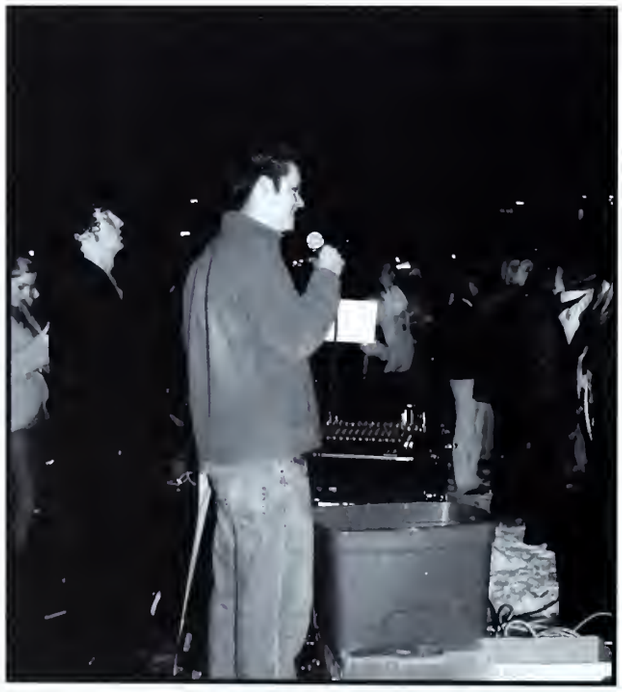
RHA

Residence Hall Association

& RA'S

Resident Assistants

The Hall Council from DeSmet hall serves hot chocolate at the event.



Jon Feiten, head of RHA leads the countdown for the tree lighting.

1. Santa lights the Christmas Tre at the RHA sponsored Tree Lighting.

2. Students decorate ornament as part of the RHA's events.

3 Patrick Ross, Jess Baca, and John Brooks help out at the O'Connell ornament table.

dent Assistants Jackie Ganfield, Molly Moss, and Sarah Magill and PM Liz Kitchen enjoy the dodgeball tournament.

With six housing options at Regis (Residence Village, Ignatian Village, DeSmet, O'Connell, West and Pomponio Village) there are multiple opportunites to get involved in the residential community.

Each residence hall has a staff that includes senior staff members, Resident Assistants (RAs), and Peer Ministers (PMs). RAs provide a support system for residents and also coordinate activities.

The Residence Hall Association (RHA) has student representation and puts on events like the annual tree lighting.

me of the Residence Life staff gets ready for a game of flag football.

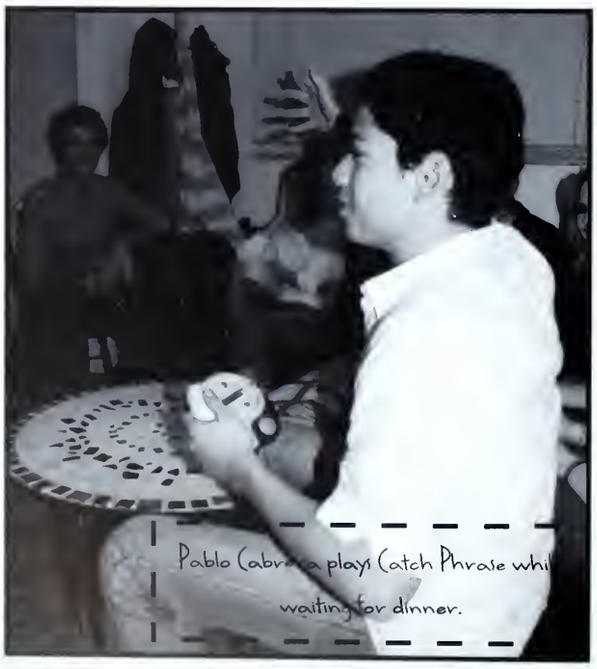
The Residence Life staff enjoys dressing up together for Halloween.

Some of the Resident Assistants stop for a picture break before the start of Freshmen Orientation.

ROMERO HOUSE & HOSPITALITY HOUSE

Romero House members talk with Professor Meg Thams about fair trade.

Yolanda Bodie and Sal Schifano check out the food during Romero House's Cuban dinner night.



Pablo Cabrera plays Catch Phrase while waiting for dinner.

1. Rose Aspholm serves the meal at Romero House.
2. Eddie Herrera prepares the meal for the Cuban dinner.
3. Father Marco Gomez gives his team clues during a game of Catch Phrase.

Romero House and Hospitality House are two student residences that help benefit the local communities.

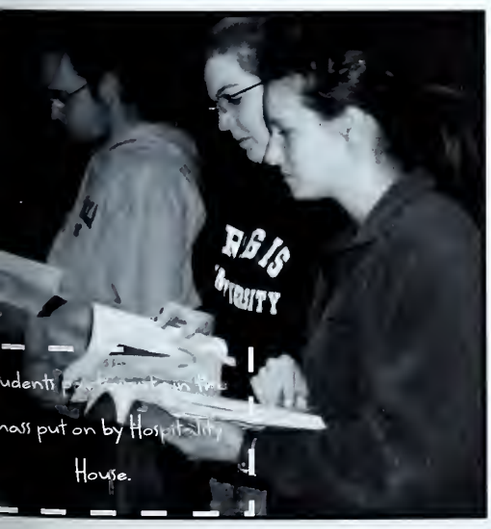
At Romero House, students are committed to understanding social justice. They work towards a society of dignity, peace, and basic resources for all people. Romero House was started in 1922 by Fr. Vince O'Flaherty, S.J.

Hospitality House provides small group spiritual programming and is staffed by an intentional community of students. "Ho-Ho," the nickname for Hospitality House, is a place where students can be themselves and enjoy good company.

spitality House guests enjoy the spaghetti dinner.

is Ghincea and Heidi Marquez make dinner at Hospitality House.

Hospitality House members Jenna Brickman, Dan Van der Vieren, Heidi Marquez, and Chris Ghincea enjoy some time together.



udents p
nass put on by Hospitality
House.

Students add praise to their day with the Wednesday night mass at Hospitality House.

ASIA

Asian Students in Alliance

1. Club member Carolyn Nguyen looks up ideas for the club's celebration of the Chinese New Year.

2. ASIA club members sit back and enjoy the weekly meeting.

3. Jesse Nguyen and his guests have a laugh during the ASIA meeting.

ASIA club members pose for a group picture at their meeting.

ASIA members work together on a puzzle during their weekly meeting.

The mission of ASIA (Asian Students in Alliance) is to foster diversity, eliminate ignorance, and educate others about Asian culture. The club promotes multi-cultural awareness by celebrating the Asian heritage, as well as addressing issues relevant to Asian society.

The club creates an atmosphere of community within Regis. Its friendly way of welcoming diverse members maintains this environment and allows students to network and form lasting relationships with people outside of their own background. In addition to this, ASIA has helped many students appreciate their own culture.

Club co-president Elizabeth Le leads the meeting of ASIA.

Phuc Nguyen explains to the club what the three days of the Chinese New Year are for.

Club co-president Jesse Nguyen throws ideas around during a meeting.

ASIA members talk together at the weekly meeting.

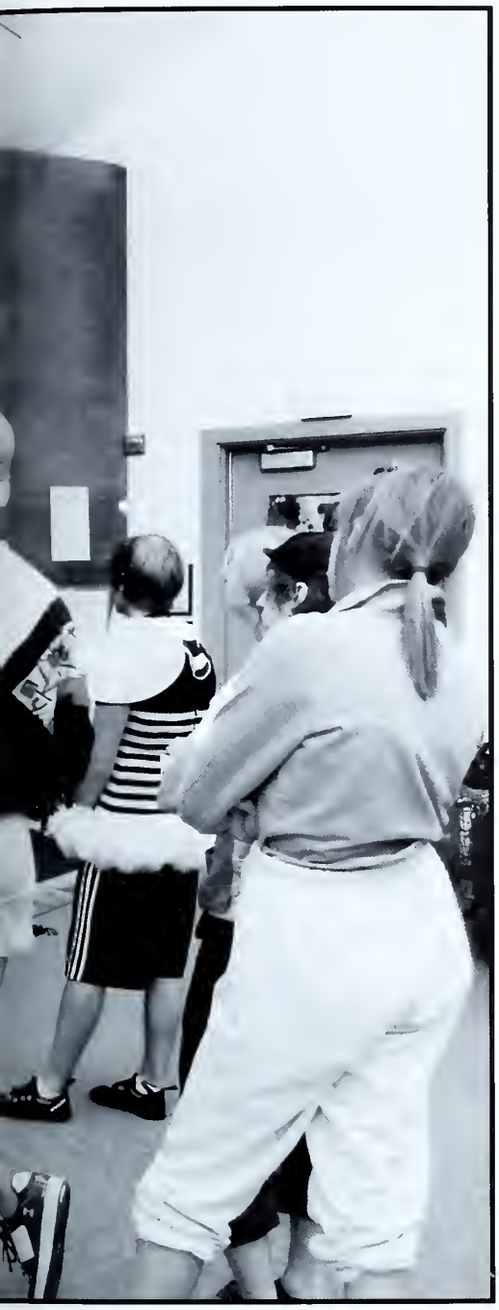
OAP

Outdoor Adventure Program

1. A student works her way to the top at the climbing competition.
2. Jared Wright climbs in costume for the rock climbing contest.
3. A group of OAP participants enjoy white water rafting.

An OAP staff member explains the rules of the climbing competition to participants.

A group of OAP participants pose for a picture on top of Mt. Shavano.



The Outdoor Adventure Program uses the Ignatian tradition of "Finding God in all things" through the environment. The program helps students pursue a deeper understanding of the wild with experience, adventures, and environmental education. They design their activities, such as hiking and rafting trips, for spiritual reflection and leadership development.

OAP helps students enjoy the natural beauty of Colorado while also growing spiritually and developing as a leader. Trips and events with OAP this year included white water rafting, hiking, and the annual rock climbing contest.

Students work their way to the top during an OAP trip.

Dave Van der Vieren looks for his next move at the climbing competition.

An avid rock climber looks for help on where to move next at the annual competition.

Eli Lane gets started at the rock climbing competition.

YEARBOOK

1. Yearbook adviser Stacey Green serves up breakfast at the annual yearbook retreat in Silverthorne.

2. Nicole Hillman paints Kelly Rawlins' foot to create the end sheets.

3. Jackie Fulkrod and Noe Neal wait for dinner outside the Dam Brewery at the retreat in Silverthorne.

Jackie Fulkrod, supported by Tye Delaney, winces as Noe Neal paints her foot with cold paint for the yearbook endsheets.

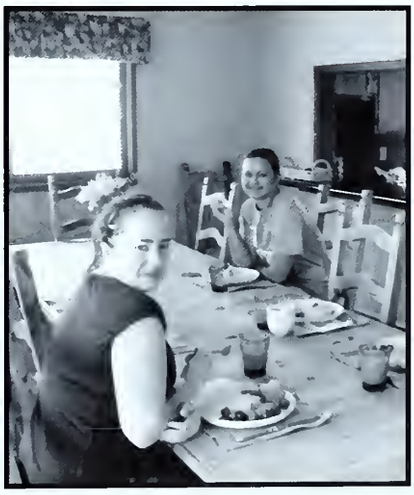
Tye Delaney, Noe Neal, Jackie Fulkrod, Justine Bufmack and Kelly Rawlins pose for a picture before going to dinner at the yearbook retreat.

From the first weekend retreat in Silverthorne to working hard to finish layouts for the final deadline, the six yearbook staff members, along with our adviser, took the time to get to know each other. We bonded by painting each other's feet for the end sheets and by throwing caption parties.

Our bonding took place while creating a book that would preserve memories for fellow Regis Students. We worked hard to meet deadlines and capture the events on campus. By showing how a Regis student transitions from blueprints to footprints, we hoped to effectively capture the year here at Regis.

Justine Bufmack gets a little support from Nicole Hillman while working on end sheets.

Kelly Rawlins does her best supermodel walk in a game similar to charades before the yearbook retreat.



Kelly Rawlins and Noe Neal enjoy breakfast at the retreat.

Tye Delaney writes down ideas at the retreat.

HIGHLANDER

1. Jimmy Sengenberger hands out the latest issue of the Highlander to the staff.
2. Corey Holton flips through the new issue.
3. Staffers Jimmy Sengenberger, Amber Alarid, and Michael DeGregori enjoy a meal while on their retreat. Photo by Dr. Palacios.

Michael, Amber, Jimmy, Derek, Corey, and Morgan
a laugh while discussing ideas. Photo by Dr. Palacio

The Highlander, a weekly publication, is the student newspaper that serves the Regis community. The student staff, advised by Dr. Leonardo Palacios, works to keep Regis students informed about what's going on around campus as well as in the community. The staff works out of their office located in the basement of the Student Center and also holds weekly meetings.

Each issue is available, free of charge, at several locations around campus. The Highlander is also available to read online at www.regishighlander.com.

Katie King reads the Highlander at the weekly meeting.

Editor-in-chief Amber Alavid leads the weekly meeting of the Highlander.

Derek Mason and Corey Holton at the retreat. Photo by Dr. Palacios.

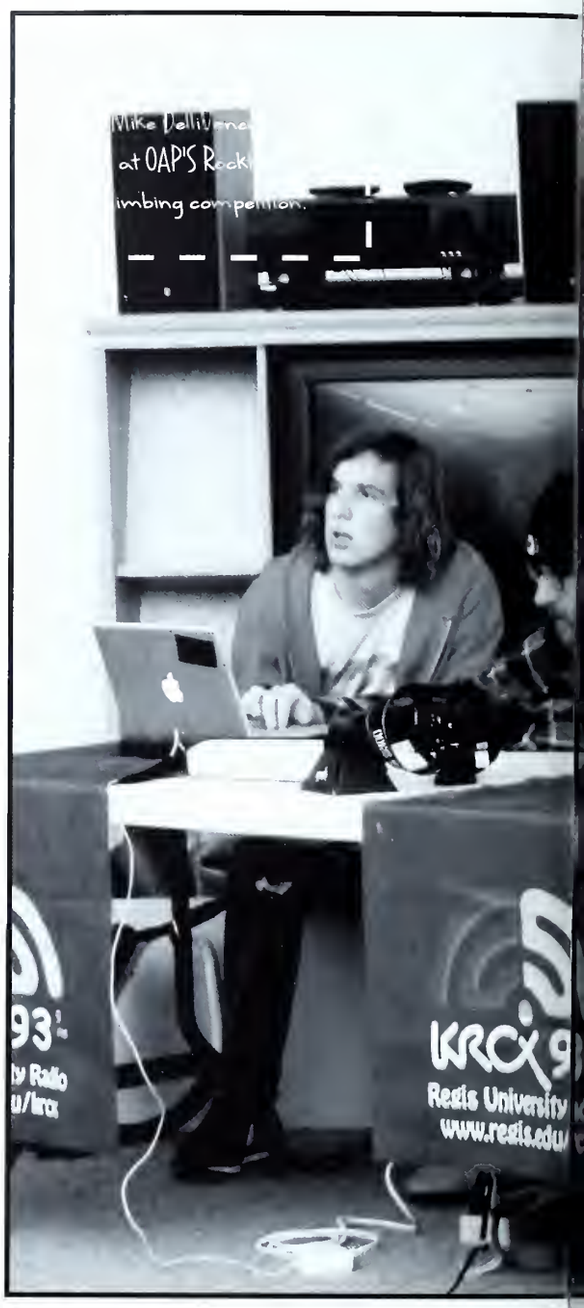
Staff member Erika Guynn checks out the new issue.

KRCX 93.9 FM

1. Liz Kitchen pays attention at the KRCX staff meeting.

2. Records line the walls of the KRCX studio.

3. Mirasol Moncada pays attention during a staff meeting.



Mike Dellivine at OAP'S Rock imbing competition.

The ten KRCX staff members take a break to pose for a group picture.

The campus radio station, KRCX, adds an interesting soundtrack to life at Regis. Artists in the range from Hanson to Bob Dylan could be heard while walking with friends to the student center or playing in the snow on the quad.

KRCX isn't all about the music though. With a variety of shows featuring guests like Tom Tancredo, the 2008 presidential candidate, there really was something for everyone. Not only could this top rated college station be heard on the quad, but also includes listeners in the North Denver community, provides a news source for students, and streams online at http://academic.regis.edu/krcx.

A KRCX staff member goes over the schedule for the radio broadcast.

Chris Valko practices his accordion skills during the weekly meeting.

Mike DelliVeneri announces information regarding KRCX.

Brett Stakelin works on a show for KRCX.

MI GENTE

1. The folkloric and Aztec dancers.
2. Mi Gente members prepare for their elections.
3. Mi Gente members enjoy pizza at their Comedy Night.

The folkloric and Aztec dancers entertain students and Mi Gente members.

Members discuss the plan for the next Mi Gente activitie at their meeting.

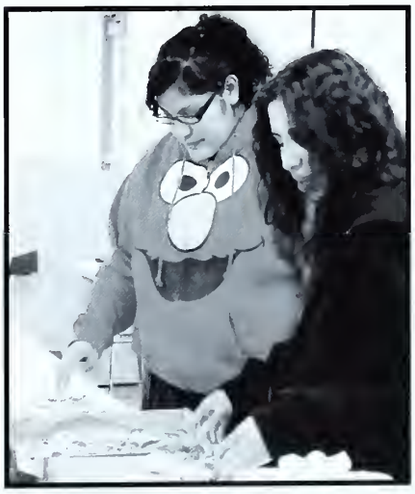
The mission of Mi Gente, meaning "My People," is to promote awareness about the Hispanic Culture around the Regis campus. Mi Gente has over 20 members and has been active for the past six years.

Mi Gente plans various activities for Hispanic Heritage Month every year. These activities include live performances from mariachis, folkloric and Aztec dancers, and barbeques.

In addition to putting on events, Mi Gente works to provide education about issues that relate to the Hispanic students while also serving as an aid to the University in its efforts to recruit and retain Hispanic students.

Current Mi Gente president Ashley Garcia leads the meeting.

A dance provides a glimpse into the Hispanic culture.



Two Mi Gente friends grab dinner at the Mi Gente meeting.

A member of the dance group provides the soundtrack for the evening.

BSA

Black Student Alliance

1. A student breaks it down during a dance contest at a BSA Open Mic Night.

2. BSA members welcome students to the Hip Hop Night held as one of their events for Black History Month.

3. Kevin Bopp performs one of his original raps at the BSA Open Mic Night.

Security guard Chris Jackson leads Jim Kurtz in a round of "Finish that Lyric" at BSA's Hip Hop Night.

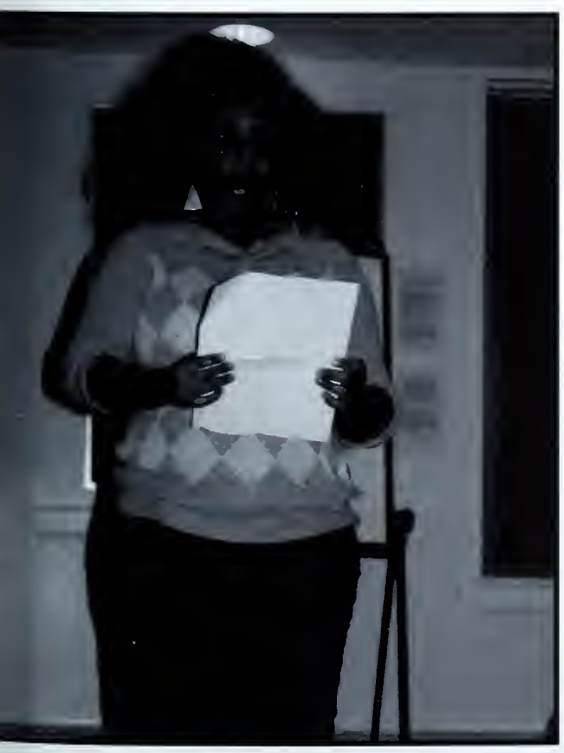
Student contestants try to define words from the "Hip Hop Dictionary."

The mission of BSA, Black Student Alliance, is to break down black stereotypes and prejudices while providing a safe, family-oriented group for those open to learning about the Culture.

BSA was particularly active during Black History Month. Some of their events included "Open Mic, Open Minds," and the Hip Hop Night.

The members of BSA work to promote diversity on the Regis campus. All students are welcome to attend BSA meetings and to help continue their objectives of promoting diversity and breaking stereotypes.

BSA members represent old school and new school hip hop at their first annual Hip Hop Night. The night featured dance performances and contests.



Tidi Haile-Selassie reads some of her poetry at the Open Mic. Open Minds event put on by BSA.

Regis students show off their best moves at the BSA Hip Hop Night. .

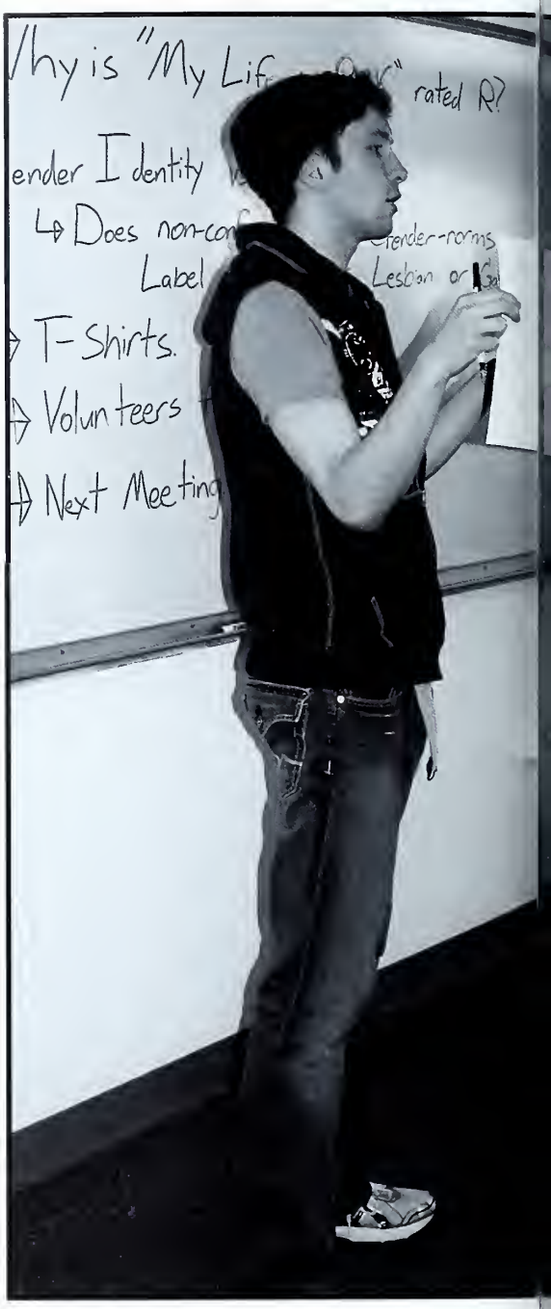
GSA

Gay Straight Alliance

1. GSA members arrive at their weekly meeting.

2. GSA members discuss ideas for the club.

3. GSA members, advised by Martin Garner, listen to the beginning of the meeting.



GSA members prepare to watch and discuss the film "Life in Pink."

Brian Nakayama leads the weekly GSA meeting.

GSA (Gay Straight Alliance) is a club for everyone at Regis. The club hopes to spread acceptance for all students, faculty, and staff regardless of sexual orientation or gender expression.

Students can come to the weekly meetings with any questions, concerns, or just a general interest in diverse sexual orientation. The club's warm and welcoming atmosphere makes the club enjoyable for everyone involved.

GSA members, along with their advisor Martin Garner, take a group picture during their weekly meeting.

Ben Closson explains the significance of the film "My Life in Pink" to other GSA members.

ACTIVE MINDS

1. Participants at the Jackson Pollock Mental Awareness Project sponsored by Active Minds prepare to throw paint at canvases.

2. Active Minds members listen to a presentation at the Regional Active Minds Summit.

3. Megan Knez and Katie Fillenwarth help to decorate the canvases.

Meg Schumacher and Jackie Ganfield try not to fall on the paint covered tarp.

Active Minds members learn about mental health at Regional summit.

Active Minds, a non-profit group based out of Washington D.C., is run by Regis Students whose goal is to destigmatize mental illness by promoting open and enlightened discussions of mental issues and to create a better life for all who suffer from mental illnesses. Active Minds at Regis hopes to promote mental health and engage students in mental health awareness activities.

In order to accomplish this, Active Minds sponsors events like the Jackson Pollock painting (Spring 2009) and the Regional Active Minds Summit. Through these events members in Active Minds hope to help raise mental health awareness.

Meg Schumacher uses a whisk to add to the Jackson Pollock style paintings.

Julia Cho makes and sells warm fuzzies for Halloween.

An Active Minds member puts warm fuzzies together for students to send to their friends for Halloween.

Elizandra Martinez works on her best Jackon Pollock painting.

SHAC

The Student Honors Advisory Council, or SHAC, is a group for students in the Regis University Honors Program. Together, these honors students plan community-based events and service projects. They also sponsor campus events for all students to participate and attend.

Tidi Haile-Selassie, a member of SHAC, works the concession stand at the SHAC sponsored dodgeball tournament.

ASN

Alpha Sigma Nu is the national honor society of the Jesuit Colleges and Universities in the United States. ASN members are students who have committed to the ideals of the Jesuit tradition. ASN at Regis specializes in carrying out the Jesuit vision of St. Ignatius Loyola. They participate in tutoring services and community service.

Alpha Sigma Nu vice president Dan Van der Vieren says that, "being a part of ASN has helped me form relationships with those who value service, loyalty, and scholarship in all that they do."

NSCS

The National Society of Collegiate Scholars, NSCS, encourages students to further their education by reaching out to the community. NSCS was established at Regis in 2005 and has sponsored activities such as Integrity Day, Poker for Charity, and March to College Day which encourages youth to attend college.

NSCS member Ca[illegible] a plan for the year at [illegible] meeting.

Jackie Fulkrod and Stephanie Farnsworth-Edwards talk about the NSCS plans and events for the semester.

AED

Alpha Epsilon Delta is the honor society for pre-professional health students. AED gives students information about health professions such as M.D., D.O., pharmacy, dental, and physical therapy. The club also holds service learning projects, fundraisers for health issues, and community clean-ups.

PAD

Phi Alpha Delta, PAD, is the PreLaw honor society Regis. PAD works to help students to gain ormation about the legal career field. One of the ost important things that PAD does is organize its to law schools where members can attend law ool classes and learn about law school from law ool students.

Corey Holton and Joleen Ngoriak! go over their plans for PAD at the business meeting.

SWAG

Student Weekend Activity Group

1. A SWAGer works his way to the top in order to complete a route.

2. A student reaches the top of the wall while climbing at the rock climbing competition, which was just one of the big SWAG events throughout the year.

3. A SWAGer explains the rules of the competition.

SWAGers enjoy the free pizza provided while watching the climbing competiton.

A student prepares her next move in hopes of winning the climbing competition.

Student Weekend Activities Group, or SWAG, provides weekend adventures for students at Regis. The SWAG program sponsors activities for students to do every Saturday. Some of their activities in the past have included rock climbing, sporting events, yoga classes downtown, ice skating, trips to Estes Park, and the Denver Rodeo. They also sponsor the free movie tickets on Fridays for students.

All students are welcome to attend SWAG events. Students who want to become part of the SWAGers have to sign up for the activities in the Office of Student Activities.

Kyle Simpson jumps down after completing a route on the climbing wall at the SWAG sponsored rock climbing competition.

Dan Ott concentrates while participating in the climbing competition.

FITNESS CENTER

1. An avid rock climber looks for her next move.

2. Jenna Brickman and Eddie Herrera partner together to work on core exercises.

3. Alex Wolf warms up during a Sunday morning kick boxing class.

Brittany Bergquist leads the kick boxing class in a series of arm workouts.

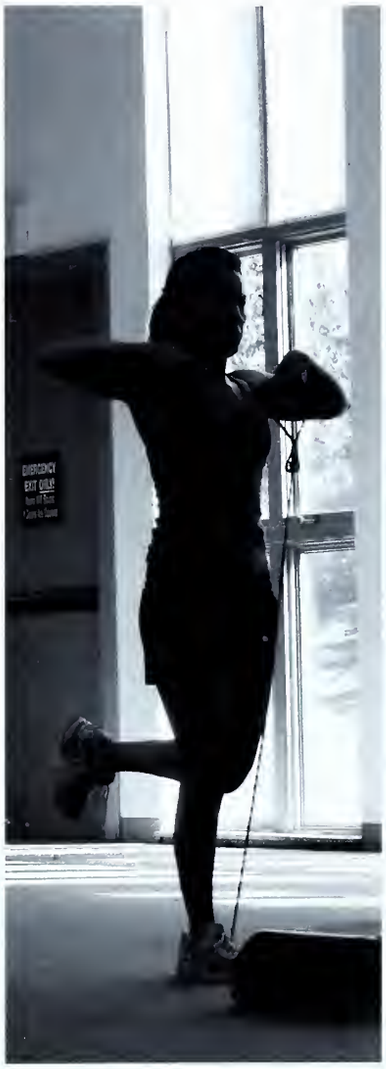
Students work on strengthening their cores at Dave's Co Work-Out Class.

The Fitness Center on campus is a workout environment filled with treadmills, weights, and other various work-out machines. Regis also offers free classes for students, faculty, and staff. The classes include everything from yoga and pilates to Irish step dancing and self-defense.

Many classes are taught by Regis students and provide a different type of workout for those students who wanted to switch their exercise routine up a bit.

Classes are offered Sunday through Thursday at different times during the day and even at night. Those who participate in the fitness classes have the opportunity to make new friends while burning off some steam.

A student practices her self-defense training class offered at the fitness center.



Kickboxing is a balancing act for this student!

Anne Flower works her way up to the top.

For a more challenging workout students add weights into the mix

RAMBLERS

1. Ramblers direct the attention to the star of the musical.

2. The group moves to their next spot while rehearsing.

3. Andrea Villamar kicks it up at the rehearsal for Fame.

Ramblers work on hitting the [illegible] one of their tri-weekly pr[illegible]

Ramblers show off their best jazz hands and strike a [illegible] at the end of the scene.

The Regis Ramblers are a theater club that performs plays in the Dining Hall each Spring. Through music, scene, and drama this group of dedicated people have a passion for acting, singing, and just having a good time.

The 2010 production was Fame., a musical about a performing arts school. In the past the Ramblers have also performed plays such as Annie Get Your Gun, Footloose, and Grease.

All students who enjoy acting, singing, and dancing are welcome to join Ramblers. Everyone who wants to be involved is always cast.

Ramblers put their flamenco dance moves to use while rehearsing a scene from the musical Fame.

Some of the girls of Fame practice their dance moves for a scene from the play.

STUDENTS FOR LIFE

1. Club President Kristin Crocker says that Students for Life, "wishes to educate students on all sides of the issues and also to illuminate the Catholic standpoint by hosting events that students will get excited about."

2. Members Katie Knez and Lauren Martinez enjoy their banquet dinner.

3. A sign displays the activeness of Regis Students for Life at a community banquet dinner.

Kevin Hurd and Drew Jones are all smiles during the banquet.

Students for Life enjoyed its second year as a club. The club is dedicated to upholding the dignity of life, from conception to natural death.

There are 15 active members of Students for Life. Their focus is abortion because, "there is such a great need to change our culture of death and the best place to start is the unborn," says president Kristin Crocker.

Their main events this year were having speaker Rebecca Kiessling talk about her story about being conceived in rape and a trip to the Cathedral Basilica for a Roe vs. Wade memorial mass.

Megan Welz and a friend take a break from eating for a photo opportunity at the banquet dinner.

Megan Linders and Kristin Crocker enjoy the many activities that they participate in with Students for Life.

LEADERSHIP

1. Leadership members talk things out together at their weekly meeting.
2. Elizandra Martinez and Jackie Ganfield listen to updates at the leadership meeting.
3. Sarah Magill, Jackie Ganfield, Dan Van der Vieren, Nikiya Price, and Elizandra Martinez hang out together during a leadership activity.

Leadership club members listen to Dave Law tell a riddle while on the way to the S.A.M.E cafe.

Sarah Magill and Jackie Ganfield prep food at the S.A.M.E cafe for their leadership retreat.

The Leadership Program at Regis strives to "ignite the fire within" students so that they can reach their full leadership potential. When students reach their potential they will have new doors to different perspectives and opportunities, which leads to the expansion of each student's ability to serve.

The Leadership Program features two paths. One is receiving a minor in Leadership Studies. The certification path is a club based on social activities. Each path provides students with the experiences they need to become a leader. Leadership helps students not only in their future careers, but also throughout the course of their lives.

Leadership members listen to Craig Zablocki at the retreat.

Dave Law, leadership club leader, cleans up after a long day's work.

Club members hang out together during an activity.

Dan Van der Vieren, Kristin Martin, Jackie Ganfield, Sarah Magill, and Elizandra Martinez stop for a picture outside the Denver Public Library.

PEACE & JUSTICE

1. Peace and Justice club president, Jo Ngoriakl, leads the club's weekly meeting.

2. Club members take notes at the Peace and Justice meeting.

3. Emily Basta looks at the Peace and Justice calendar during the meeting.

Anna Hengeler, Kristin
ossie, and Lauren
at the meeting.

Lauren Martinez takes notes during the weekly m
of the Peace and Justice club.

Regis University not only offers classes on peace and justice, but also has a club dedicated to the subject of peace and justice. The Peace and Justice club is for students who want to get more involved with such issues beyond what is done in class. Peace and Justice club is open to undergraduate and graduate students with a major, minor, or interest in peace and justice.

One of Peace and Justice club's biggest events is peace week. Peace week is a week on campus dedicated to promoting peace and justice on campus and around the world.

Micah Casey, MaryAnna Henggeler, and Kristin Crocker talk to the club about ideas of what kinds of activities the club should do for peace and justice week.

Kate Newell explains her idea for the upcoming peace and justice week.

REGIS REPUBLICANS

Jimmy Sengenberger, President of the Regis Republicans, displays gifts from the national College Republican organization.

The Regis Republicans are led by President Jimmy Sengenberger. The club participates in events like Liberty Day (which teaches local elementary school students about the constitution) and sponsors guest speakers to inform members about what is going on in the Republican party.

The club is open to any student who is interested in finding out more about politics.

Regis Republicans enjoyed the presentation by special guest speaker, radio talk show host, Mike Rosen

Regis Republican members Molly Sullivan and Brett Fetterly talk about the Republican party at their weekly meeting

REGIS UNIVERSITY DEMOCRATS

As a Regis University Club, the Regis University Democrats aim to enlighten students on today's important issues. Although this Club is associated with the Democratic Party, they encourage students from all backgrounds, beliefs, and political parties to join them and engage in debate, conversation, and club events.

The Regis University Democrats, in conjunction with the Regis Republicans, participate in the Liberty Day Program in which college students go into elementary schools and teach lessons on the United States Constitution and government structure. Just as citizens participate in their government, Regis Democrats encourage students to join and be part of the discussion.

Sam Bailey
Regis University Democrats President

"I started this club with the hopes of creating an opportunity for students to be proactive about their opinions and thoughts on the issues presented in the news. We are living in an interesting time where the political world is continually changing. No matter what political party one affiliates themselves with, I think engaging in conversation with people of the same political party as well as people of other political beliefs is beneficial. The more we are able to talk, the better we are able to understand the various perspectives of the issues facing the world."

-Sam Bailey
President and "Re-Founder" of the Regis University Democrats

OUTREGIS

1. Cipriano Ortega listens and learns about labels we use.
2. Kimber Kirwin organizes her label cards.
3. Angela Mercier deliberates about the labels she puts on people.

Angela Mercier and Jade Moore are led in an activity by Dr. Goodwin.

OutRegis members: Cipriano Ortega, Kimber Kirwin, Angela Mercier & Jade Moore.
Not Pictured: Diane Kleinschnitz & Jennifer Babcock.

OutRegis was a new club this year. OutRegis is a theater and speech club. Students used performance to draw attention to social justice issues in a comedic or dramatic fashion. At weekly meetings, members regularly dismantle stereotypes, discuss labels put on members of society, and overall laugh a lot.

Jade Moore focuses on her next task in the club Out Regis!

Cipriano Ortega picks out similarities with his teammate Jade Moore.

Cipriano Ortega focuses on the activity during a weekly meeting of the OutRegis club.

Kimber Kirwin gives her fellow club member Jade Moore a quick hug.

A blueprint for...
ACHIEVEMENT

ACADEMICS

Business Department

Sara O'Donnell, Jackie Fulkrod, Natalie Adrian, and Steve Reyd smile with relief after their capstone presentation.

Christina Gonzalez who is a senior is anticipating the lecture in Accounting Principals II. This class is a requirement for all business majors

Julia Mulligan shows her enthusiasm for Accounting Principals.

Teacher in the Spotlight

Dr. Christina McCale
Marketing Instructor

1. How long have you been here at Regis

"I've been at Regis since 2003, but in the course of my teaching career, I've taught more than 5000 students in 300 classes at the various institutions in the Denver Metro Area."

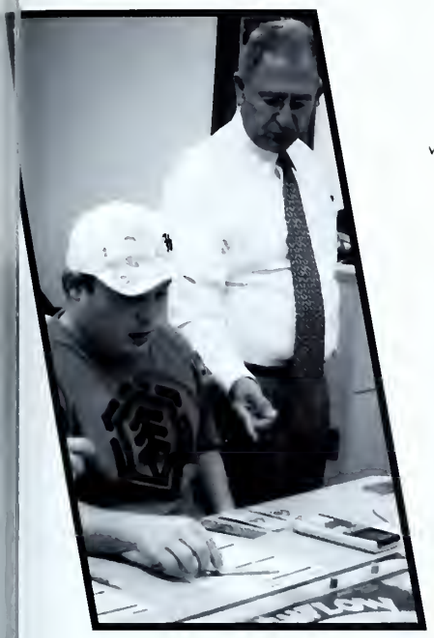
2. What do you love about teaching?

" What's not to love?! I have the best job in the world! Every day I come to school and I get to talk about the best topic in the world: MARKETING! "

3. How has your coporate work experience enriched your classes?

"I know I could not be a decent teacher without having had my professional background. It's also why I still take time to consult and do research so I can keep my own marketing skill sets up! Every day I use all of my previous skill sets, old war stories, and management abilities to give the most to my students."

"Being in the corporate environment has also made me a believer in 'learning by doing' or what we formally call 'experiential education.' So I never just lecture, but rather have students engage in projects. Sure, most folks complain a bit about the 'extra work' but the projects are designed to instill additional skills that will help them in their future careers.



Vince Gomez takes Professor Edmond's advice in the rat race for the cash flows game.

Danni Romain presents her capstone project to the class for Business Policy and Strategy.

Jim Parra is determined to play his cards right to win the cash flows game.

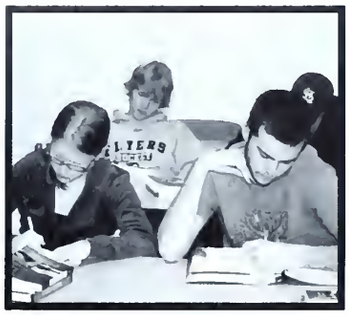
Cade Cyphers is very excited about the possibilities he sees in his future with the cash flows game.

Evan Jinks plays the Cash Flows game in Professor Edmon's class learning the ins and outs of the rat race.

Bryant Asnicar makes a suggestion to his fellow team about which property to buy.

Economics/Computer Science

Below: Jimmy Sengenberger, Alex Hanson, Ryan Brennan, and Michael Johns



Left: Katie Borsting and Nick Dwyer
Economics is considered a Social Science

Left: Mary Henggeler
SUPPLY AND DEMAND CURVES!

Above: Students discuss the economic issues of 2009
Economics is the study of production, distribution, and consumption of goods and services.

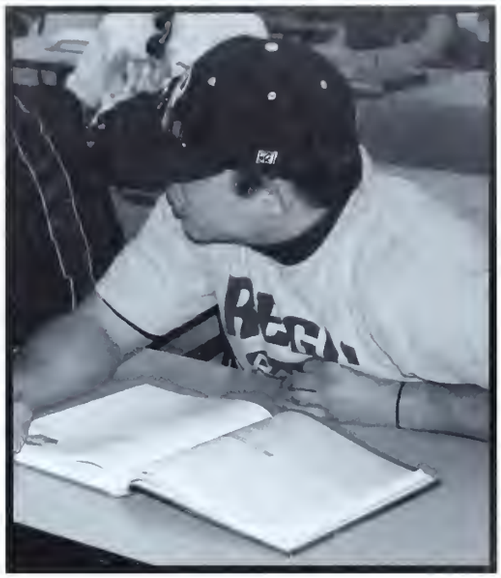
Teacher in the Spotlight

Professor James Richard
Associate Professor of Economics

How long have you been a Professor here at Regis University?
~ "30 years, I came in 1979."
What is your favorite thing about teaching?
~ "The challenge. Study is work. It does not pay off right away. The professional world is a demanding world and study is preparation. It is hard, consistent, and focused work. There is nothing like knowing and learning starts with questions; it does not start with answers. What I want when they walk across that stage is that they have confidence in their minds."
What kind of memory do you hope to leave behind?
~ "I would like my tombstone to say, 'He helped us to think' or 'He made us think.'"
If I were to ask your students to describe you, what word or phrase would they use?
~ "He doesn't give us enough time for tests!"

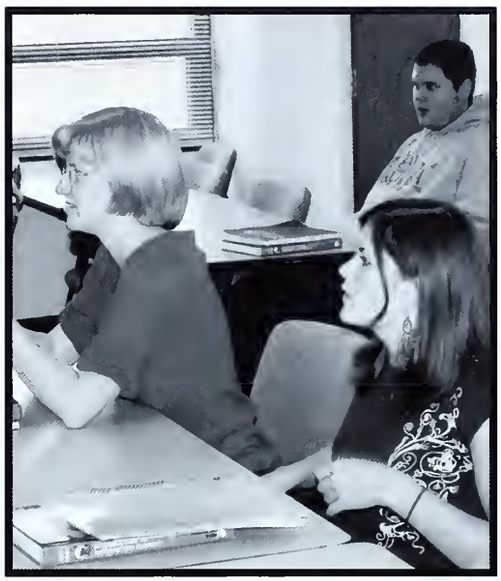
Left and Below: Students listen attentively

Right: Student follows along in textbook Introduction to Information Systems Concepts is a requirement for business majors



Below: Students listen as their professor speaks about the final exam

Right: Sarah Magill Computer Science focuses on understanding the properties of the programs that are used to implement software.



Right: Student clarifies with a fellow peer

Right: Student takes notes
Left: Professor Litz

Communications

Professor Margesson's Communication Ethics class meets one final day before the end of the semester for presentations.

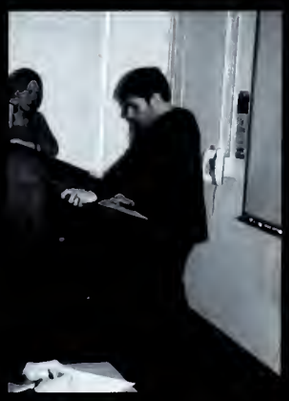
Michael DelliVeneri contimplates to topic up for discussion in his speech class.

Angelia Shugarts pays close attention to the speech given by her classmates in her Communications class.

Amber Alarid, a junior here at Regis, is attentively listening to the speech in her Ethics Communication class. Amber is a Communications major and is very active in pursuing her dreams.

Alyse Benham, a senior at Regis, is pursuing her degree in the Communication field. She has high ambitions and hopes to achieve greatness once she graduates in May.

Taylor Clement presents his final speech in Communication Ethics. His topic was very enriching and well researched.



Teacher in the Spotlight

Dr. Gosselin has taught a Women's Studies course; however, her specialties are ethics and social and political philosophy.

Dr. Abigail Gosselin
Professor

How long have you been here at Regis University?

"This is my 4th year here at Regis."

What do you love about teaching here at Regis?

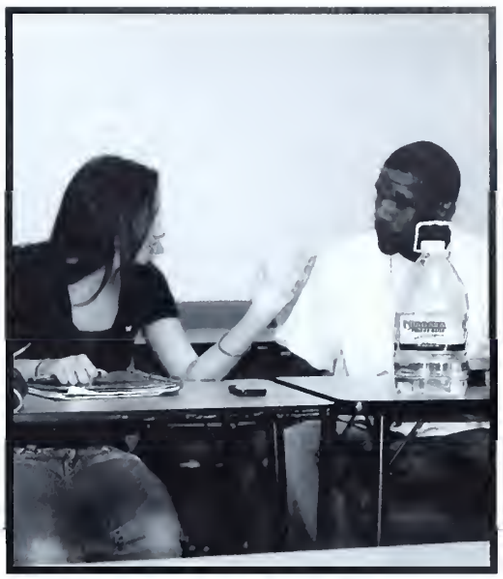
"I love interacting with students and people."

What is the main goal you hope to accomplish while here at Regis?

"I want to get students to thank about experiences and other things they might use the rest of their lives."

If I were to ask your students to describe you what would they tell me?

"I hope they would say I was caring, nice and make them think outside of their comfort zone."



Heather Sedbreck and David Fox discuss a controversial topic in their women's studies class.

Students in the women's studies course busily search through their books and notes for the right answer to the professor's question.

Russel Drew looks on the text to follow the professor as they lecture.

Women's Studies

English

Writing papers, reading, and analyzing texts are all components of this English class.

Students in pay attention to the presentation.

Professor Palmer lectures to his class about valid points in literature. Here at Regis students take English elective classes to fulfill the curriculum but also to expand their knowledge.

Teacher in the Spotlight

Dr. Hicks

How long have you been a professor here at Regis?

Since Fall 2001 – so, for 8 years.

2.) What have you gathered from real life that is valuable to your students?

When I taught in New York and was the assistant chair of the English Department, I worked with two corporations – Texaco and Pepsico. They had traditionally sought out business majors, but they had decided to recruit some English majors as well, English majors were getting promoted at a much higher rate. This told me that what I had always suspected – that English majors are well-suited for a variety of jobs, not just for teaching or editing.

3.) What is your main goal here at Regis?

Well, my main goal at Regis is to connect with students. So I guess you could say that my main goal here is to support the Regis mission, and part of that is cura personalis – care for the whole person. I can contribute to that by caring for my students as people, by treating them with respect and compassion.

4.) If I were to ask students about you what would they tell me?

They would say that I'm a tough grader and that they hate my reading quizzes, but that I know what I'm talking about and I have a good sense of humor. At least that's what they usually write on my evaluations.

Environmental Science

Above: Students take notes during their lecture in Environmental Studies.

Above: Students listen intently to Dr. Kleier lecture.

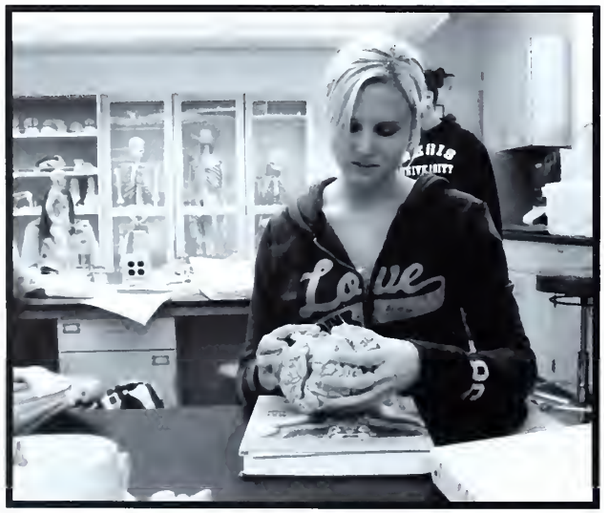
Dr. Kleier explains the fundamentals to her Environmental Science class.

Biology/Neuroscience

Dr. Ghedotti assists his students during a biology lab.

Looking through the telescope at some interesting slides makes biology more interesting for students.

Natalie De La Grana examines the skull during an anatomy lab.



Tifany Steffensmeier examines the brain during her anatomy class. She is intrigued by the inner workings of the brain. What a way to spend a lab coming back from the Thanksgiving break.

Teacher in the Spotlight

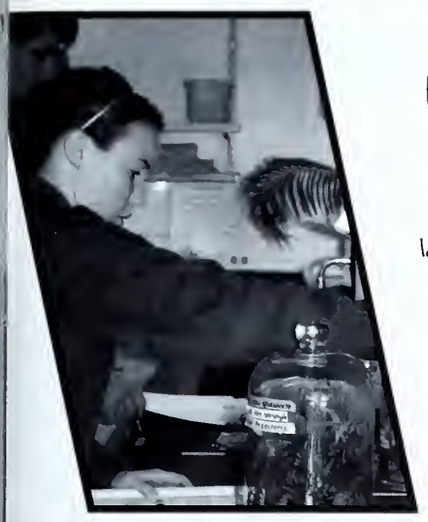
Dr. Hannah Anchordoquy
Instructor of Biology

She started her in 2002 as a physical therapy instructor and now teaches Anatomy & Physiology.

How would do you apply the course materials to real life?
"Oh, God... Everything! ... How to question popular conceptions about health, what questions to ask your hairdresser ... everything!"

What is your main goal here at Regis?
" To generate Pre-Health students who are critical thinkers."

If I were to ask your students to describe your class what would they say?
"I talk too fast."



Maggie Heath & Kelly Read examine the muscle as they try to locate a pulse with the stethoscope.

Above: A biology student examines the specimen during her class.

Below: The new scientists take observations of their experiments they created.

Above: Sami Setter studies the cell model during anatomy lab and takes notes about the cell wall.

Left: Nueroscience students take notes during their lecture.

The student looks at the brain and points out the top layer in nueroscience.

Biochemistry

Below: Ted Lynch and Meghan Linders would together to complete their lab.

Right: Jeffrey Hassebrock and Dr. Cooley examine Jeff's lab work.

Right: Leo experiment's while his lab partner records data.

1)

2)

1) Jeffrey Hassebrock and his lab partner Ashley experiment during their lab with new formulas.

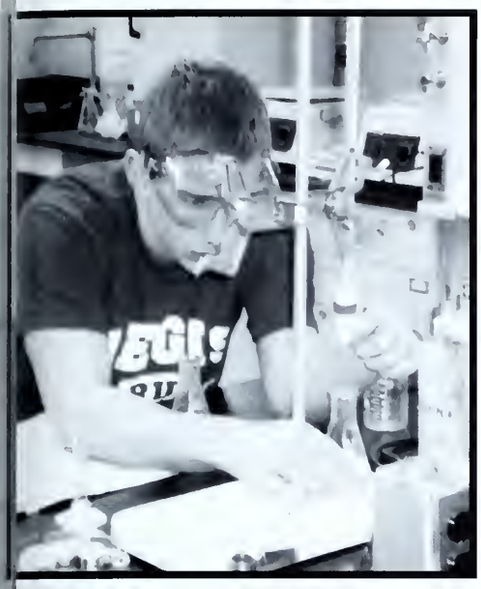
2) Garrett Carrica records his findings in his lab notebook. Science is so fun.

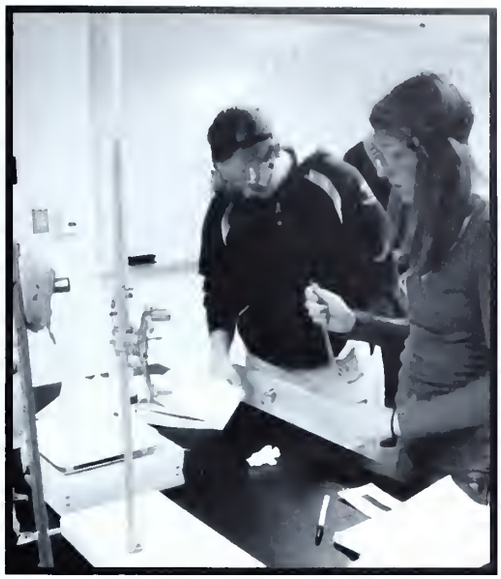
3) Claire Murray follows the instructors lead during their class.

4) Morgan Nitta listens to the instructor for the next step in the experiment.

3)

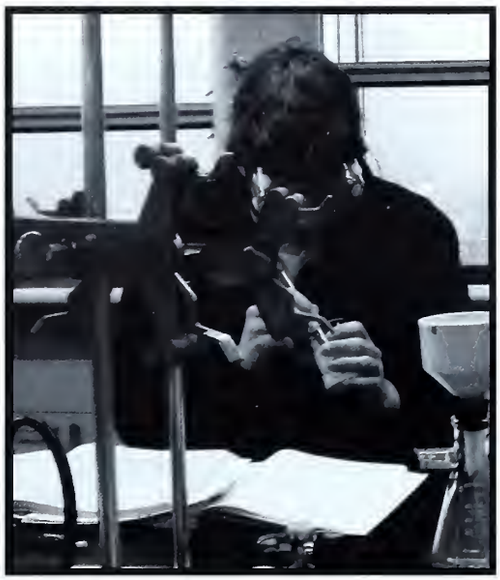
4)





Left: Nancy Lyson works very carefully on her lab project to avoid a chemical warfare.

Right: John Brooks carefully extracts his substance from the beaker to further his investigation.

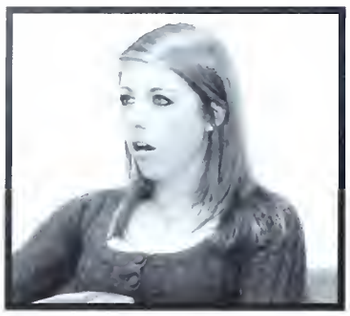


Left: Protective eye gear is a vital part of the lab and experimentation process.

Left: Future biochemist ponders her results from her experiment.

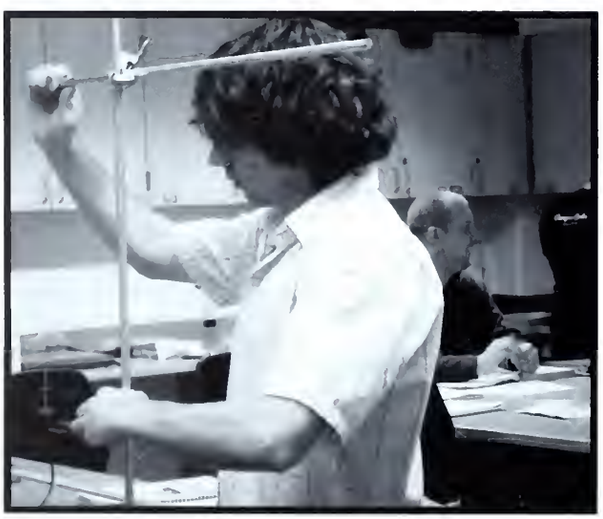
Chemistry

Math/Physics



Heidi Marquez and Megan Robbins input their data from their experiment in Physics.

Computers are a must in the Physics classes so students can keep order of all their data.



Above: The student fixes his tools for the lab project. Students in the science department take Physics as a part of their core requirements. Between the math and the science aspect students are challenged with the curriculum.

Teacher in the Spotlight

Dr. Diane Wagner
Professor in Mathematics

How long have you been a professor here at Regis?
"I have been a professor at Regis for 31 years."

What do you love about teaching?
"I love interacting with the students and helping them learn math and like to get people excited about math."

How do you relate real life experience in the subject matter?
"I bring in articles from the corporate world and applies the examples to the materials taught in class."

What is your main goal while teaching here at Regis?
"I want to teach the material to the students and have my students be confident in their abilities."

Missy Herbert flips through her notes for the answer in her Physics class.

Jenni Webb-Shearston poses really quick for a shot during her Physics class.

Dr. Trenary explains this complicated model to the Calculus class.

Matt Gubanich looks up from taking notes during his Calculus class with Dr. Trenary.

Cassi Konopasek helps her group during a physics lab. Our future is looking promising in these ladies.

The student right listens to the Dr. Trenary lecture during his calculus I class.

Nursing

Right: Amanda Emery listens as her professor discusses ostomy care.

Right: Carolyn Nguyen observes while instructor teaches the students about tracheotomy suctioning.

Above: Two students in the accelerated nursing program take a time out for a quick snap shot.

Tye Delaney, Future Nurse

Tye Delaney currently in her junior year at Regis University is working hard to finish her degree in Nursing. She intends to apply for medical school upon graduation while working in an Intensive Care Unit here in Denver. She has learned compassion for others when they are in times of trial. The biggest challenge that Tye has had to overcome is the immense amount of material nurses have to learn before attending clinicals in their junior year. Tye had the opportunity to work with community members at the Veterans Affairs Medical Center where she received hands on experience. Tye is a diligent student and is looking forward to her practicum in her senior year here at Regis. We are so lucky to have dedicated students like Tye for our future health care needs.

Left: Claire Leavens checks her patient's vitals.

Right: Donna Fernald listens as the instructor discusses blood transfusion lines.

Left: Courtney Certain double checks her patient's record with the doctor's orders.

Below: Students work in pairs practicing chest tube care.

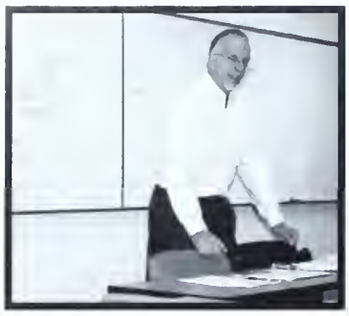
Left: Brooke Weeter takes notes while the professor discusses chest tubes.

Left: Tracy Riley, Kaylie Kempsell, Katie Turco look on while the instructor demonitrates the different types of oxygen supplementation.

Left: Sultan Mohamed watches the professor describes the steps for feeding tubes.

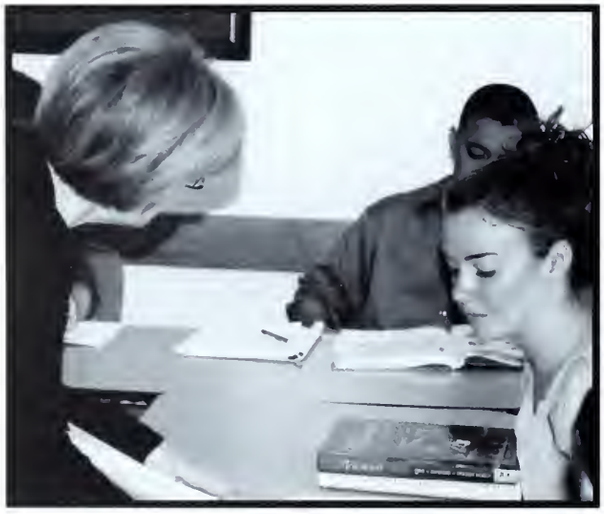
Foreign Language

Below: Bonjour! French students excited about French class



Left: Professor Reinero is the German Professor here at Regis.

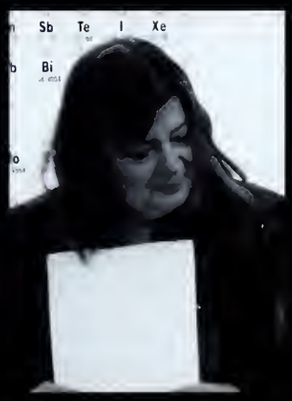
Left: Students in Elementary German listen attentively



Above: Professor Gaensbauer and student engage in discussion

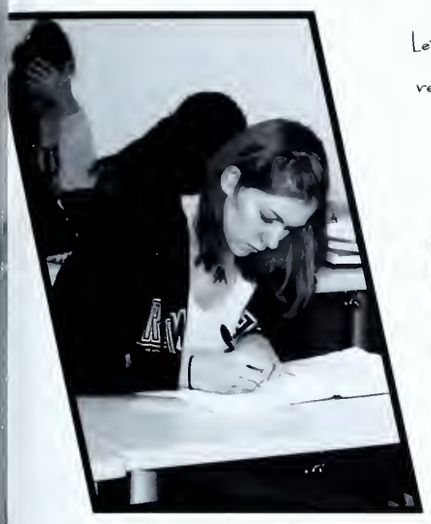
One year, two semesters of a Foreign Language is a requirement here at Regis University. A student is able to test out even if the particular language that they are fluent in is not offered at Regis.

Teacher in the Spotlight

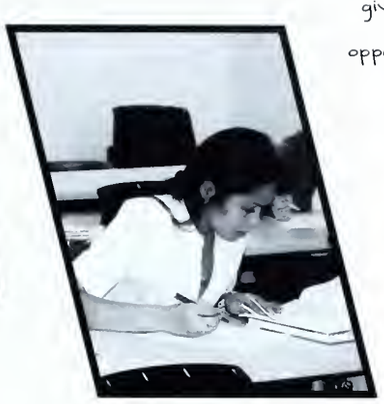


Professor Kimberly Habegger
Professor of Languages

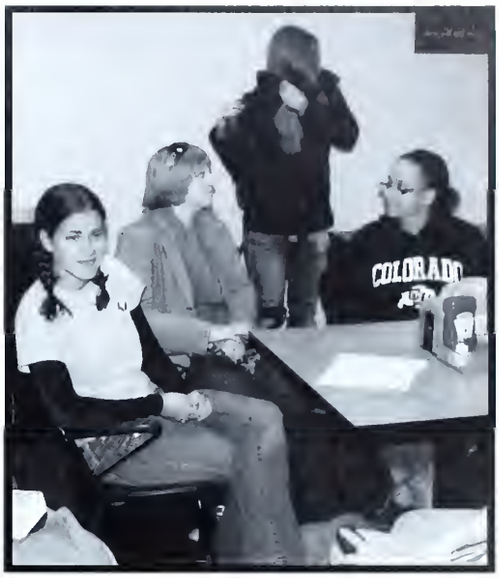
How long have you been a Professor here at Regis University?
~ "13 years"
What is your favorite thing about teaching?
~ "Opportunity to teach a lot of different courses."
What kind of memory do you hope to leave behind?
~ "That I gave people a motivation to learn another language and culture and to continue that interest. To be open to it."
If I were to ask your students to describe you, what word or phrase would they use?
~ "Fair, organized, and prepared."



Left and Below: Students learn reflexive verbs during Spanish

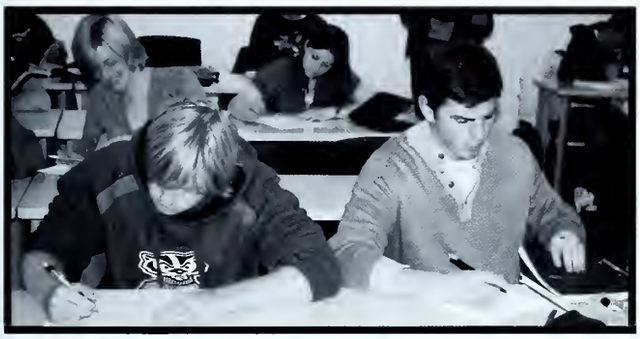


Right: Mariah Raney and Cassie Bryant Spanish is very beneficial because it gives the students the opportunity to practice speaking!

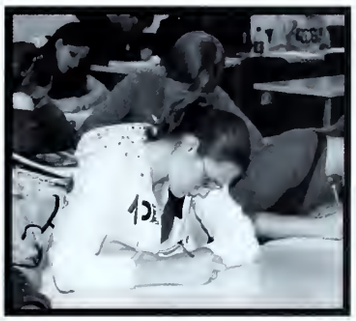


Below: Stuyvie Pierrepont and Jack Walsh

Right: Students immerse themselves during Spanish Table



Right: Student immersed in learning Spanish



Right: Selina works diligently with Reflexive Verbs
Left: Professor Habegger and Francisco Martinez

Education/Psychology

Professor Armon prepares for her Introduction for Education class.

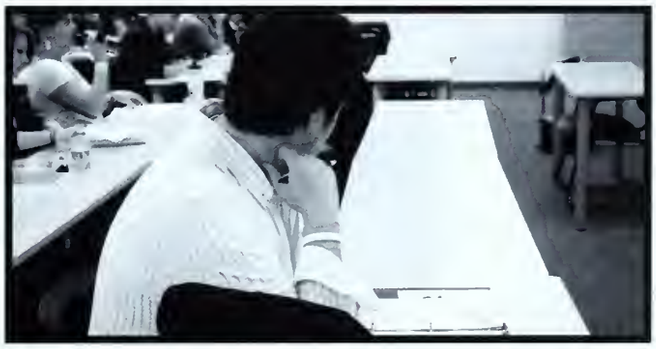
Professor Cross gives input in the class discussion.

The future educators gather together and discuss possible circumstances they might face in their classrooms. The students talked about a variety of topics and how they might solve the problems.

Professor Betjemann lectures to her Psychology class about a interesting topic.

The student at right listens attentively to the lecture given by the professor.

The student, right, enthusiastically waits for the lecture to begin in her Psychology class.



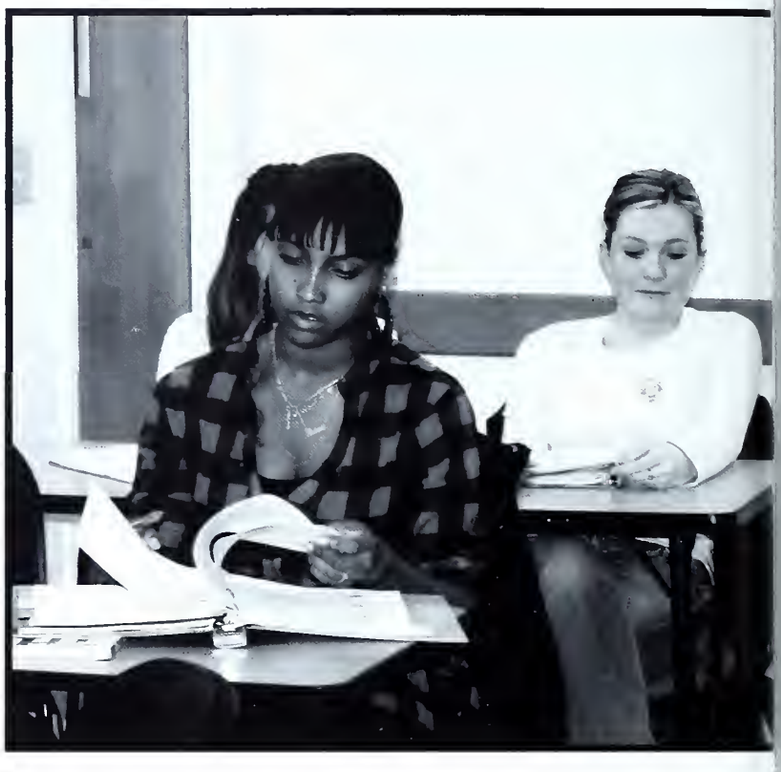
The student is engrossed in the lecture in the Psychology class.

Sociology/Philosophy

Below: Students browse through notes as their professor lectures

Left: Student preparing the start of class Introduction to Sociology

Left: Students listen attentively The Introduction class can be counted as the Social Science Elective.



Above. Miles Eddy is ready to engage in conversation with Professor Watson

Sociology is a Social Science and is the study of Human societies.

Teacher in the Spotlight

Professor Doreen Watson
Professor of Sociology

How long have you been a Professor here at Regis University?
~ "Three years, I started in the fall of 2006"
What is your favorite thing about teaching?
~ "The size of the school and the small classroom settings."
What kind of memory do you hope to leave behind?
~ "If I can get one person to be able to create the sense of empathy not necessarily to accept everyone and everything but to be willing to walk in that person's shoes then I feel like I have done some sort of service."
If I were to ask your students to describe you, what word or phrase would they use?
~ "It depends. Hopefully that I am funny."

Left: Sean Moroze
Below: Student scams the reading for class

Right: Student is EXCITED to be in class Philosophy is a Core Study Requirement here at Regis University

Below: Ashley Garcia
Philosophy studies matters such as existence, knowledge, values, reason, the mind, and language.

Right: Demetria Velazquez and Kyle Mack

Right: Students anticipate the lecture
PL 270 Philosophical Explorations

Right: Professor Howe
Left: Dr. Adkins

Religious Studies/Peace & Justice

Below: Professor Schaefer
An Introduction to Religious Studie
and Religious Studies elective are
required core classes.

Right: Students focus on the lecture

Right: Andrew Scott
These courses give students the opportunity to learn a little more about our Jesuit Insitution.

Above: Margaret Farr
RS 365 Christian Love and Marriage is a popular class that has been known to fill up every single semester that it is offered!

Teacher in the Spotlight

Professor John Kane
Professor of Religious Studies

How long have you been a Professor here at Regis University?
~ "30 years, I started in the fall of 1980."
What is your favorite thing about teaching?
~ "It never grows old partly because there are always new students and partly because I keep working on the subject matter; religion. Also, with religion I can teach a range of things."
What kind of memory do you hope to leave behind?
~ "I would like to be remembered as someone who really cared about Regis because it is a very good place and I have spent 30 years being nourished by this place but also, I have tried to give what I could to it."
If I were to ask your students to describe you, what word or phrase would they use?
~ "I hope they would say... Demanding but helpful. Serious but easy to get along with."
What will you miss the most?
~ "The people- faculty, colleagues, and students. Also, the energy of teaching and working here."
Retirement Plans
~ "The difficult thing will be to slow down in a good way. To take the time to be more mindful and peaceful. I would like to write, be involved in social causes, and travel, all with my wife."

Left: Lena Noeker
Below: Amy Soehngen shares her thoughts and opinions

Right: Abby Blust diligently takes notes

Below: Ryan Martin

Right: Professor Plumley and Jonathan Landolfe

Right: Anne Greenheck
Left: Zach Gluck, Mary Henggeler, and Amy Soehngen

Right: Professor Opffer, Jalaine Binas, and Danait Redai

History/Politics

Below: Emily Smith and Brittany Brown discuss historical events

Left: Catching up on current events

Left: Andrew Scott
HS 465 Europe since 1914

Above: Students excited and ready for their 8 a.m. History class
A history elective is a core studies requirement here at Regis University.

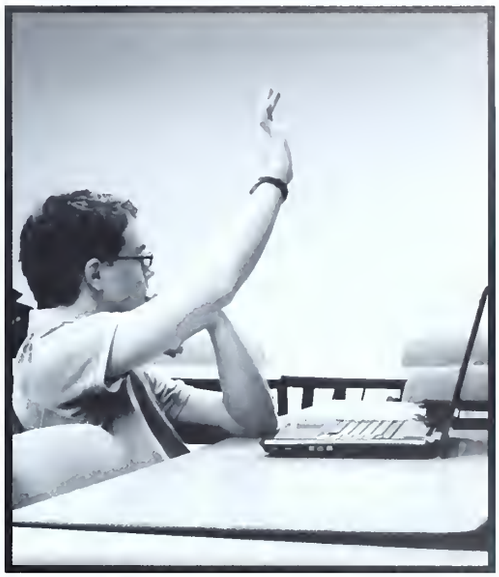
Teacher in the Spotlight

Professor Gladys Frantz-Murphy
Professor of History and Politics

How long have you been a Professor here at Regis University?
~ "20 years"
What is your favorite thing about teaching?
~ "I get to be a student too. I get to learn new things. I love discussing with students because I always learn things from my students."
What kind of memory do you hope to leave behind?
~ "That students, long after they have graduated will remember something about History and know that is relevant to everyday lives."
If I were to ask your students to describe you, what word or phrase would they use?
~ "Passionate about her work and humorous."

Left: Student presents to the class
Below: Edward Encinias

Right: Jimmy Sengenberger raises his hand to make a comment about the recent presidential election.



Below: Students happy to be in class
POL 421 State and Urban Politics

Right: Students listen to the discussion of Politics

Right: Professor Riley
Politics is a process by which a group of people make decisions.

Right: Erika Frantzve listening attentively
Left: William Gohl

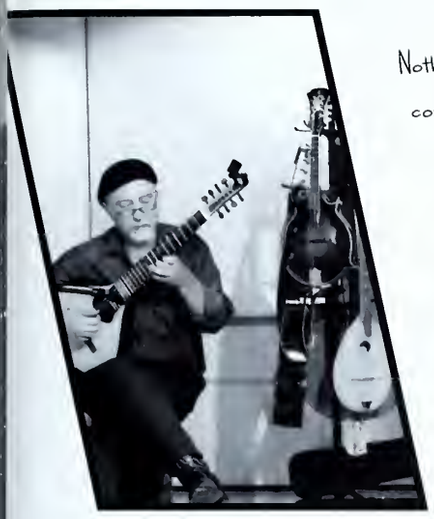
Fine Arts

Left: Shaudae Collins works on a final draft of her project for Two Dimensional Design class.

Right: Jane Keller stops for a quick smile before her class starts. She is an up and coming artist.

Above: Claire Brown breaks out the pastels and practices her skills in her Two Dimensional Design class.

Left: Lauren Jelinek presents her final project in her fine arts core class. Bottom Left: Sue Ann Gallegos explains the different instruments used in the Robin Hood piece. Bottom Right: Chris Hunt presents his findings on music.



Nothing like a good ole' concert with banjos.

Students at Regis have the opportunity to experience new exciting music concerts. The talented musician below shows her skills on her instrument.

Below: Jeff Hassebrock listens to his fellow classmates while they make their final presentation in the fine arts core class.

Above: Jessica Tan uses an array of techniques to complete her final project in Two Dimensional Design.

Below: Tidi Haile-Selassie takes notes during one of her classmates' presentations in preparation for the final exam.

Commitment Program

Kaylee Augitine, Aimee Schmechtig, Drew Matthews, and Coleen Franquelin take a time out from the front desk at the Father Woody Wrap party.

Remmy Nguyen wraps presents at Regis for the Christmas party in downtown Denver for those who are less fortunate.

Above: Evan Jinks, Father Sheeran, Wesley Jinks, and Will Schneider help out at the Father Woody Christmas party in downtown Denver.
Below: Father Woody's Wheels with students anticipating their service take a picture. Fr. Woody's Wheels is a outreach service project which allows students to actively participate in giving back to others.

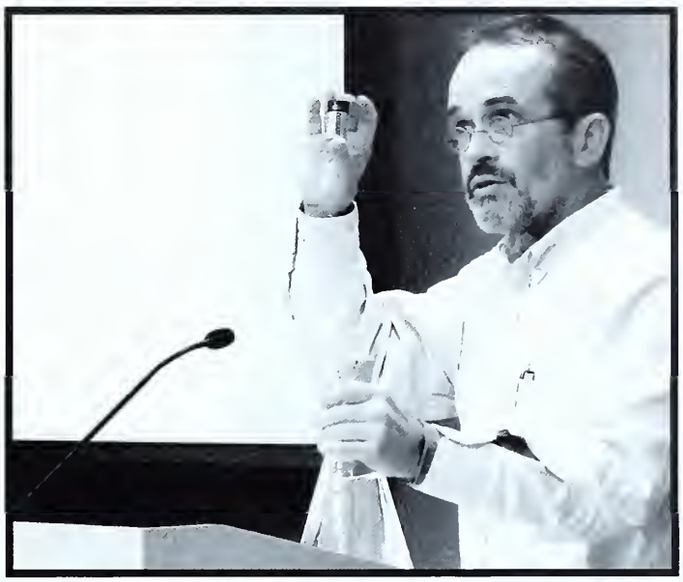
Chris Liley Hard at Work

Chris Liley who is a senior spent multiple hours giving back to the community through the Father Woody Program here at Regis. He was an active member throughout the year in preparation for the Father Woody Wrap Party. This service project allows students especially those in the Commitment program an opportunity to reach out to their local community. Chris loves this particular project because it allows him to give back and it is a lot of fun! Chris said, "The Father Woody Wrap party is a very good thing because it brings about the sense of helping other out while getting involved in the community."

Honors Program

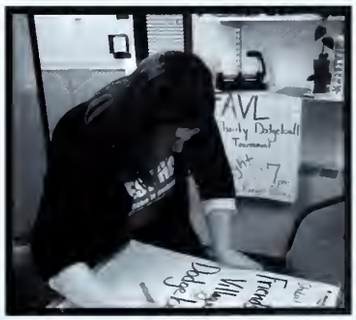
Sarah McGill, Molly Moss, Liz Kitchen, and Jackie Ganfield smile after some good ole dodgeball.

Above: Honor students participate in the Friends of African Village Libraries (FAVL) Charity Dodgeball Tournament. Below: Will Gohl and Joe Vuletich show off their new SHAC t-shirts.



The 60 Second Lectures were well attended by students, faculty, staff and community members.

At the 60 Second Lectures students heard from Dr. Adkins, Martin Garnar, Dr. Margesson, Dr. DiSanto, and Dr. Jean.



Chelsea Coalwell creates posters to promote the charity dodgeball tournament.

Study Abroad

Below: A student braves a jump off of a cliff.

Right: Kelly Rogers was able to visit the Louvre while abroad

Right: The Hall of Mirrors at Versailles

Left: The Eiffel Tower in Paris lit up at night. Photo was submitted by Kelly Rogers who spent time studying at Sorbonne

Mary Cook, Coordinator of Study Abroad, says....

1. How long have you been here at Regis?

I have been at Regis for 13 years now!

2. What is your main goal or dream for Regis students?

My hope is that students will have an academic experience to know the world and themselves.

3. Where is the best place you have traveled to?

There aren't any "best places," they are all great. Each place brings its own sense of excitement and adventure.

4. Where was the last place you traveled?

The last place I traveled was Jordan and Turkey, checking out their programs for students here at Regis to participate in perhaps in the future.

5. How has traveling around the world helped you through your job here at Regis?

I think that since I have traveled it helps me relate to the students when they have uncertainty about a new place. When you travel abroad you are in a whole new culture with different traditions and a foreign language.

Right: Kate McCarthy, Melissa Piazza, Ciara Gallagher, and Theresa Wilson in front of the Trevi Fountain in Rome

Left: Sonia Genero and her mom Susan pose in front of the Sydney Opera house before the comedy play Billy Twinkle

Below: Kelly Rogers atop the Arab World Institue in France. Kelly was able to spend an entire year studying in France.

Below: Lauren Jones in front of the Colosseum.

Below: The leaning tower of Pisa always makes for a great photo!

Above: Lauren Jones in front of the Trevi Fountain.

Academic Internships

Below: Lynne Montrose and Joy Detra help students seek out internships in the Academic Internship Office.

John Mackey enjoying his internship at Children's Hospital.

Whitney Unterreiner, interning at Littleton Equine Medical Center.

Michelle Kristofik & Ashley Kloor intern with the Family Tree.

Angela Shugarts enjoyed her fall internship at Channel 4 News.

Olivia Flores-Cruz at Trinity Orthodontics.

Lynne Montrose

How long have you been here at Regis?

"I started here in 1981 so it will be 29 years in August."

What is the best part about being in the Academic Internship Program?

" The students, they just blow me away, their curiosity, courage, and willingness to succeed. Also the faculty's relationship with students and their passion to help students."

What is one piece of advice you would give to students?

"Start thinking about internships early, before senior year. Come in early."

What has been the biggest change on campus?

"First the physical look of the campus. The look and feel has changed for the better. When I first started with the internship program students didn't come seeking like they do now. Students come to Regis expecting to do an internship now."

Above: The National Park Service was one of the many booths at the 2010 Career and Internship fair.
Below: Kristina Martinez speaks to Darren Chavez about Northwestern Mutual.

1) Student speaks to a prospective employer at the career fair.
2) This student excitedly speaks to one of the employers at the career fair.
3)The student dining center was buzzing with students and employers looking for potential candidates.
4) David Fox picks up some information about a marketing company.
Below: Northwestern Mutual was one of the many booths at the career fair in February. These gentlemen are financial advisors and were more than willing to give recommendations.

Jasmin Kohli talks talks to a prospective employer at the career fair. She is a senior in search of a job.

AmandaBartling prepares for the Career fair to pursue her dream of becoming a teacher.

Career Services

Walker's Pub

Left: Will Gohl, Michael DelliVeneri, and Jeff Strickland.

Left: Jennifer Mosqueda and Cassidee Young play cards at Walker's.

Michael DelliVeneri

What was your role in the design process of the pub?

"As the director of communications I was in charge of finding the funds, drafting the proposal, and seeing the project through with the help of my counterparts. This was a team project that has been in the works now for a couple years."

What inspired you for the design of the pub?

"Well, we first had to find a space and the space that worked the best was the Grille and we wanted it to have an old time feel. We wanted a place for people to gather and establish some new traditions here at Regis."

What has been the atmosphere been regarding the pub?

"Since the pub is brand new it will take time to establish the image and set the tradition. The opening was well received in the Regis community and we feel it will build unity."

Right: Father Sheeran recieves the first beer at Walker's Pub.

Right: Ruben Martinez and his band play at the Pub Opening

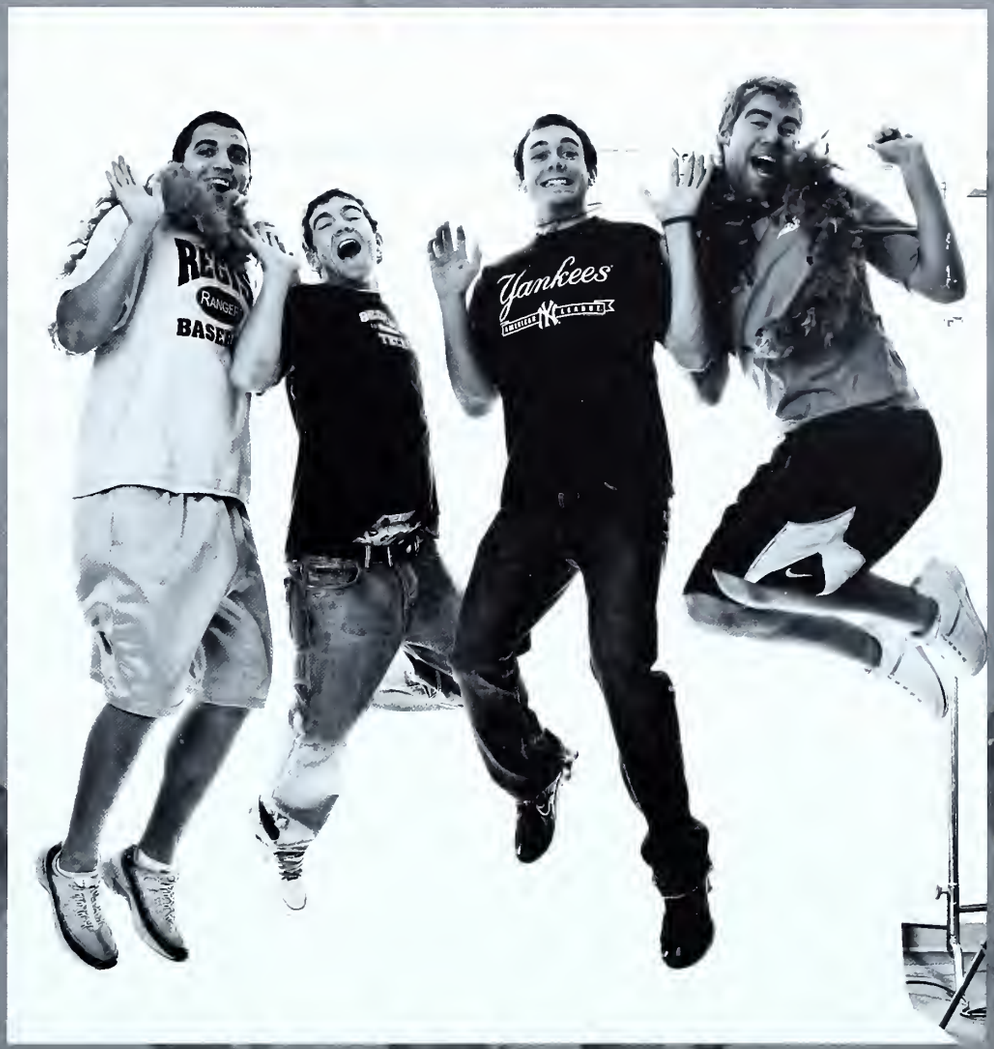
Who is ready for some heavy lifting???
Members from the Physical Plant help bring in the new bar for Walker's Pub.
Dave Law and Aaron Hofkamp work on bringing in the new shuffleboard table.

Right: Mike DelliVeneri, Will Gohl, Marcus Trucco cheers to the new pub, a project that has been in the works for a couple years.
Far Right: Gus Maxell, "You got it!"

Left: Paul Max, Associate Director for Regis College Admissions and former Regis student body president, congratulates Michael DelliVeneri on Walker's Pub.

Left: Mickey Smith, Jared Wright, and David Van der Vieren getting ready for the pub to open.

From Blueprints...

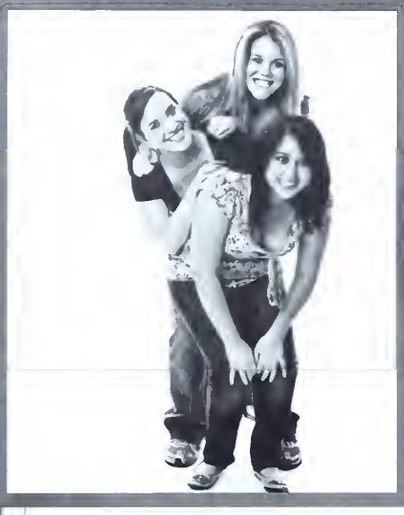


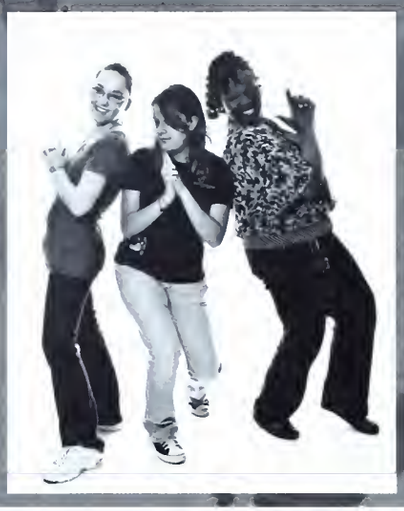
...To Footprints

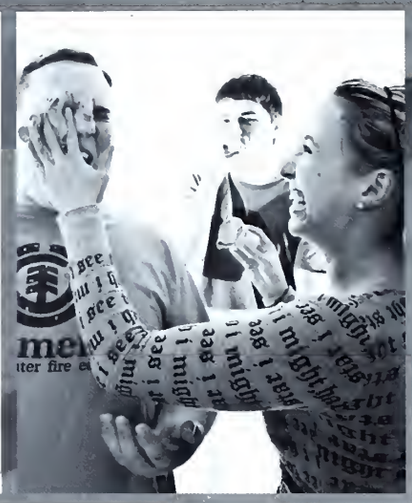
Pictured on this Page: Danielle Naas, Tidenek Halle-Selassie, Myron Sanders, Micah Fernandez, Juile Ruiz, Kathryn Sullivan, Jeff Hassebrock, Reuben Closson, David Van der Vieren, Ashley Marranzino, Jacob Rodriguez, Jared Wright, Padraic Waller, Katie Rosenheim, William Truax, Eli Lane, Johnny Alvarado, Dan Van der Vieren, Noe Neal, Eileen Tran

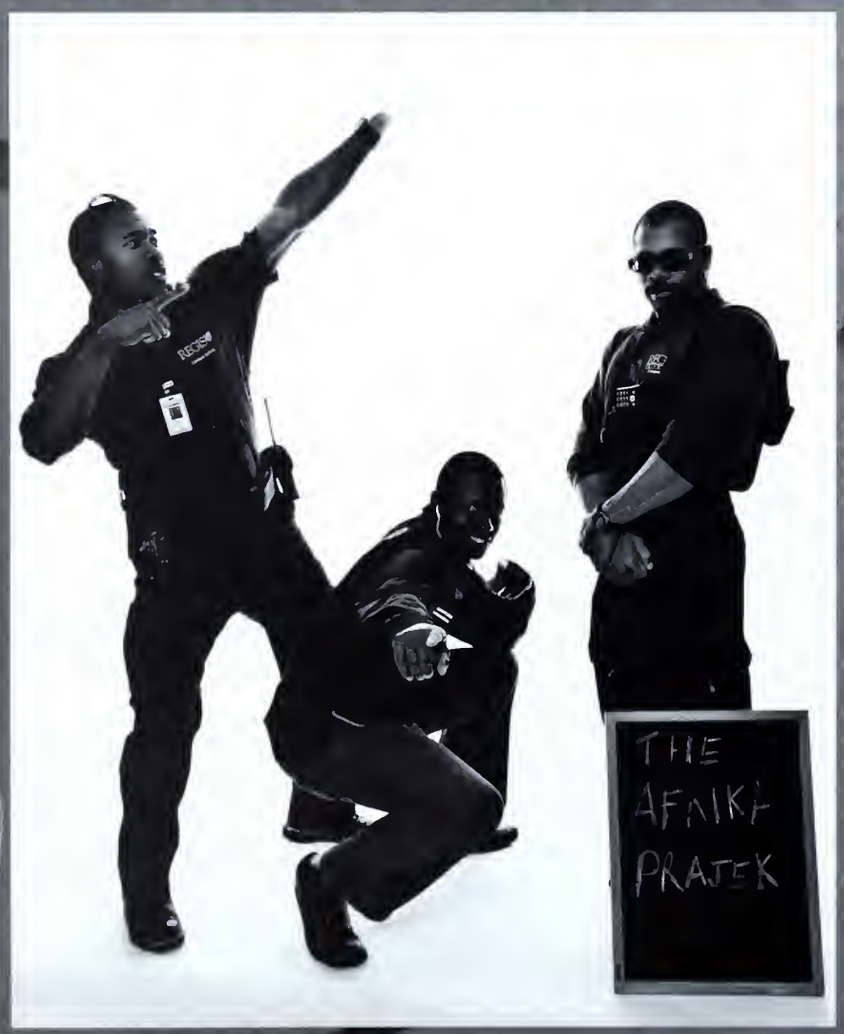
Background photo courtesy of Dayton Memorial Library found on pages 164.165.168.169.172.173

Jill Mccaffrey, Kyle Serrey, Bridget McLeay, Bre Rubalcava, Tae'lor Purdy, Erin O'Toole, Ellen Greco, Amanda Skold, Pat Farrell, Scott Payne, Ben Costa, Peter Forster, Nicole Hillman, Vanessa Bahr, Abby Blust, Heather Sebrok, Brittany Brown, Emily Smith, Cassidee Young, Kelly Rawlins, Justine Bufmack, Nicole Hillman, Jackie Fulkrod, Stacey Green, Jade Moore, Jesse Nguyen, Jared Wisniewski, Ashley Garcia, Bien Loi, Joe Hogue, Jessica Doscher, Nicolette Minel, Nicole Haberkorn, Michelle Bryan, Kevin Hurd, Georgia Burke, Julia Mulligan, Margaret Farr, Meggie Lawson, Amanda Derby, Ashley Marranzino, Hope McGehee, John Antonacci





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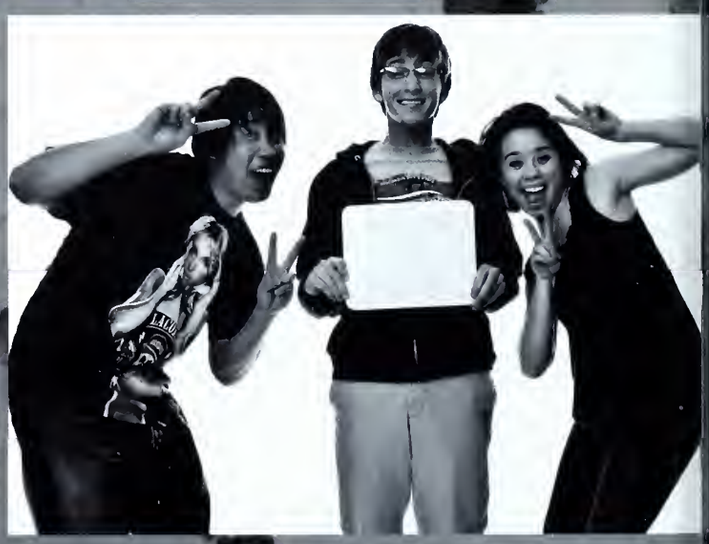

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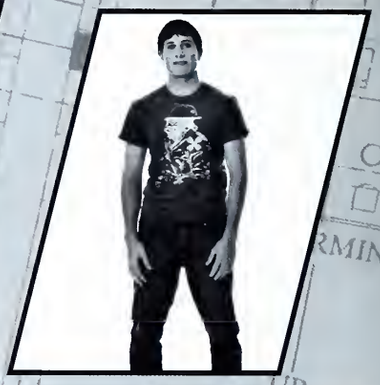
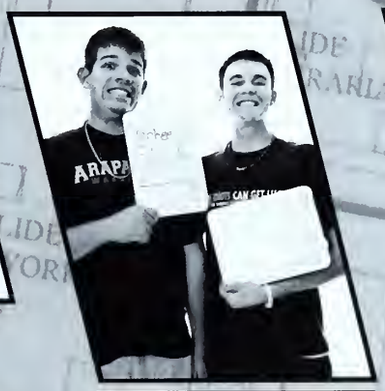
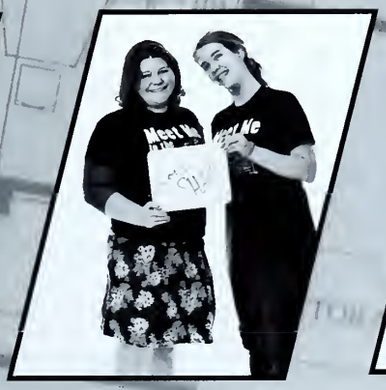


Ashley Gonzales, Monika Walker, Megan Linders, Adam Barajas, Crystal Garcia, Julia Segura, Jennifer Filipi, Eric Morgan, Nicole Valdez, Keanu Harris, Patrick Serrano, Amy Soehngen, Stasic Markgraf, Emily Detlefs, Joe Vuletich, Gina Graziano

Mary Dickinson, Sarah Gramlich, Samantha Flaherty, Shannon Massine, Ross Lehuta, Jack Walsh, Nicole Hillman, Jackie Fulkrod, Christine Nguyen, Andrea Minhas, Jill Mccaffrey, Kyle Serrey,Melissa Meler, Hannah Herron, Bien Loi, Dominique Williams, Grant Robbins, Wes Keelan, Emily Basta, Janelle Koenen, Bre Simbeck, Kara Larson, Chelsea Coalwell, Olivia Tracy, Ashley Hintz, Noe Neal, Anna McGee Matt Hoffam,



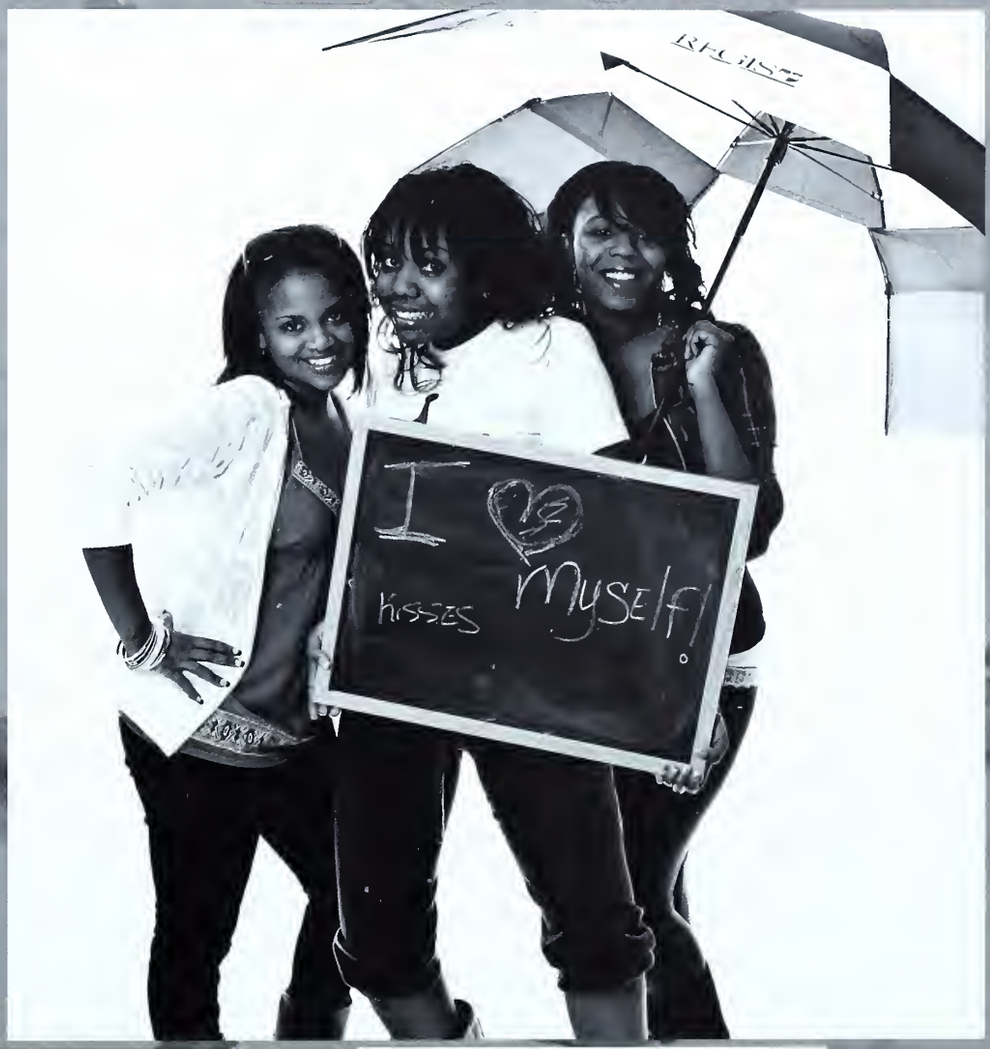


Barbie
NERD

We ♥ Cheese,
Boys, Naps, and...
Boys

AND
SO DO
PM'S

Heart
of
Dixie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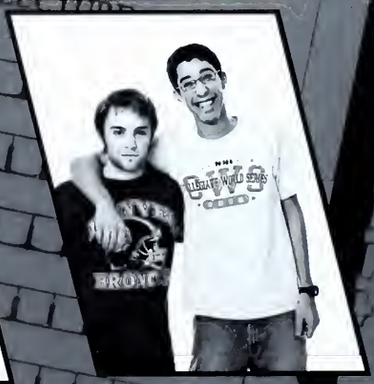
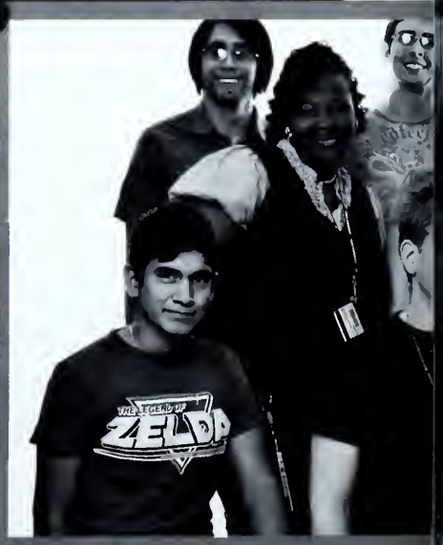


Cops, Dads,
Coach

Brett Stakelin, Jay Miller, Annalise Stephenson, Jacqueline Moore, Michelle Bryan, Patty Moncada, Mirasol Moncada, Jessica Tan, Nicole Cochran, Ashley Holm, Jessica Tan, Melissa Herbert, Kinnick Wheaton, Heidi Marquez, Chris Ghinchea, Megan Knez, Katie Knez, Erick Meddles, Michelle Eller, Meaghan Kelley, Sara O'Donnell, Adar Johnson, Erica Lieber, Lena Hoff, Morgan Potter,Rachel Haun, Adam Barajas, Ted Lynch, Tracy Kunzweiler, Brittany Farnioktow , Ryan Martin, Amy Leos, Anita Egbune, Ealasha Marshbank, Keshia Cullins, Ariana Miller, Joe Estes, Michelle Bernhardt, Hand cuff girls, Gioconda Zoller, Sara Bennet, Kate Newell, Angela Menendez, Bre Simbeck, Aaron Harms, Dan Van der Veiren, Lee Snyder,Patty Moncada, Mirasol Moncada, Will Long, Emily Fogg, Joe Sakas, Mike Sakas,Katie Roseheim, Kelly Swainson, August Valentine, Padraic White, Megan Welz, Jenise Hughes, Mirasol Moncada, Jessica Tan

Mi
Gente


THE LEGEND OF
ZELDA

Asia

Telefun(d)

With Sincere Gratitude

Thank you to all those who supported the Regis Yearbook Staff especially...

Dave Law
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Brett Stakelin
Mike DelliVeneri
Will Gohl
Joe Vuletich
RUSGA
Jeremy Phillips

Yearbook Staff:

Jackie Fulkrod
Justine Bufmack
Tye Delaney
Nicole Hillman
Noe Neal
Kelly Rawlins

Adviser: Stacey Green

Thank you to the Regis Students, Faculty, and Staff who helped with pictures and interviews. Without the Regis community the yearbook staff would not be able to create this yearbook!

-Jackie Fulkrod
Editor in Chief

Lifetouch